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# GoodFood

## The healthy issue

**104**  
**recipes**  
Cook something new!

Inside:  
healthy  
recipe  
book



### New ideas for supper

- Easy
- Budget
- Veggie

Jamie  
Oliver

Roast duck  
Apple crumble tart  
Great recipes from Fifteen

Superhealthy  
Singapore  
noodles

### TV recipes

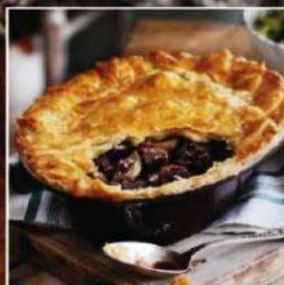
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show one

TWO



Batch cooking for  
busy people



Beef pie for your  
Sunday lunch



Bake a cake  
they'll love



James Martin's  
Valentine treats



**SHARP** know that healthy cooking isn't always convenient/**This is Why** we invented a real steam oven that's also a microwave and grill, for meals with more taste and nutrients.



We challenged a class of apprentice chefs to prove what's possible with **STEAMWAVE**. See the gastronomic results at [www.youtube.com/sharphthisiswhy](http://www.youtube.com/sharphthisiswhy)



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[lisa.bartlett-arnot@bbc.co.uk](mailto:lisa.bartlett-arnot@bbc.co.uk) **Head of international development** James Hewes  
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**GoodFood**  
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# Welcome



This issue of *Good Food*, with its healthy eating theme, is one of the most popular of the year. I know from your emails and responses to our surveys that many of you want to eat better, without going on a diet and certainly without denying yourselves good home-cooked food.

That's why we've created a new healthy eating section, which you'll find in every issue from now on. It includes practical advice from nutritionist Kerry Torrens, feelgood supper recipes from the *Good Food* team and, of course, the Ultimate Makeover. For those who haven't discovered this feature yet, every month food writer Angela Nilsen takes up the challenge of making a classic recipe healthier, without losing any of its flavour. She comes up trumps every time, with dishes that taste as good as the original. You'll find her Superhealthy, low-fat and delicious Chicken pie on p52.

*Gillian*

Gillian Carter, Editor



PS: *Good Food* is now available as an iPad magazine. With our trademark trusted recipes, stunning food photographs, On test pages and exclusive step-by-step videos, you can download it via our iPad App for an introductory price of just £1.79. Subscribers to the print magazine can download the iPad issue for free. Visit the Apple App store to find *Good Food* magazine

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NEW



**Our new 12-page healthy section starts on p43**

NEW



**Turn to the back page for a must-make recipe that leaves a smile on your face! Treat someone special to our triple-decker Passion cake, p138**

### Best from the BBC

Steak & chips and choccoy pud:

who better to serve up Valentine dishes than BBC chef

James Martin.

Turn to p68 for his can't-fail classics



### Recipe enquiries and letters page

**Call** 020 8433 1294 (open Mon-Fri, 9.30am-5.30pm)

**Email** [goodfood@bbc.com](mailto:goodfood@bbc.com)

**Write to** *Good Food*, Media Centre MC3D1, 201 Wood Lane, London W12 7TQ

We regret that we are unable to answer medical/nutritional queries.

**BBC Good Food Show** For tickets or enquiries, call 020 8267 8331





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Recipe and food styling SARA BUENFELD  
Cover photograph LIS PARSONS Styling JENNY IGGLEDEN



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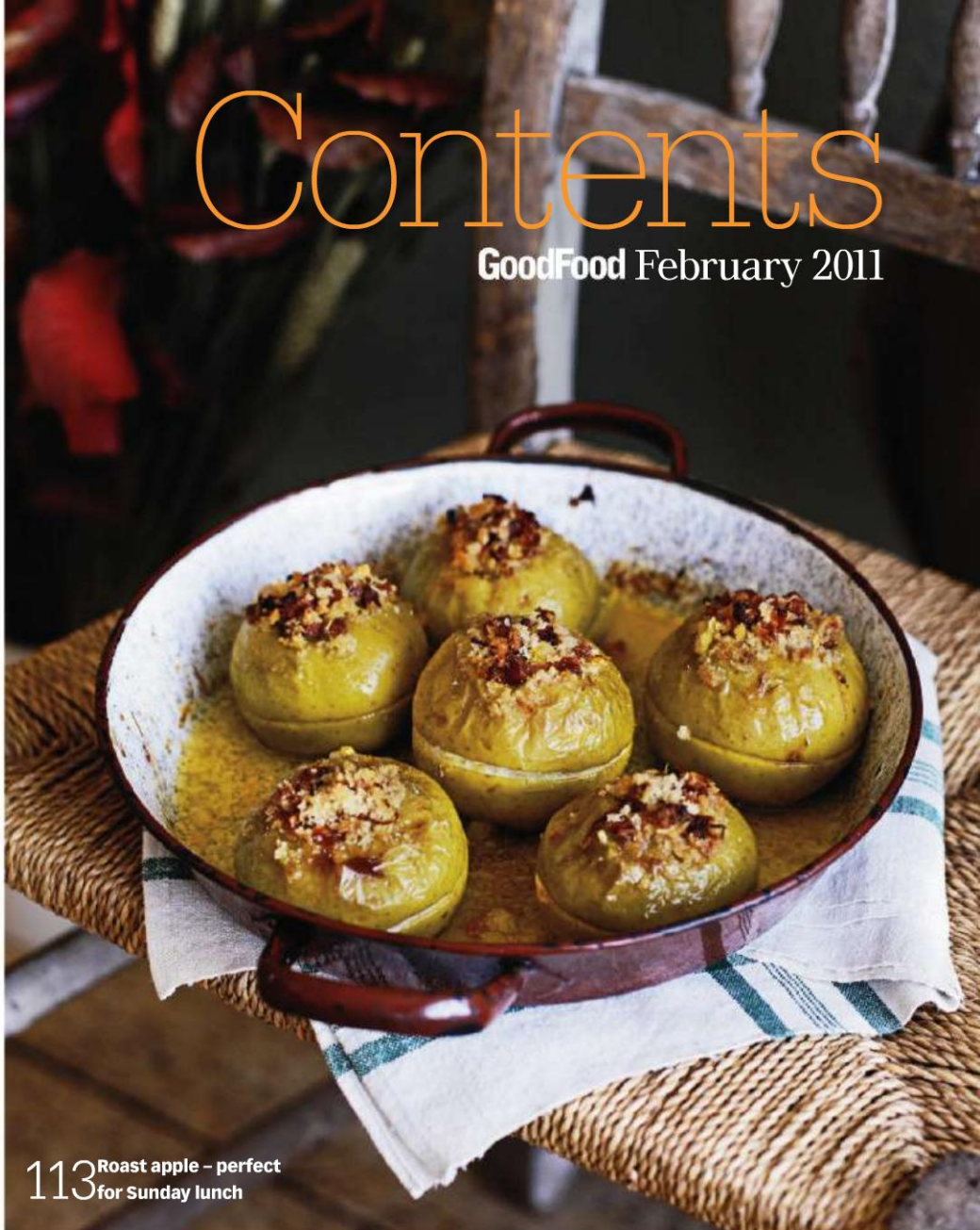
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## Find more GoodFood

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### TV

The Good Food channel is on Sky 249 or Virgin 260



### Books

Our 101 series includes titles such as *101 Speedy suppers* and *101 Slow-cooking recipes*, £4.99 each



### Plus

Don't miss our sister titles: *Eat Well*, £3.50, *Olive*, £3.50 and *Easycook*, £2.80





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**Feel the difference**



# This month's recipes



## This month in the Good Food Test Kitchen

Every month, our Cookery team puts the recipes in *Good Food* through their paces in our Test Kitchen to make sure they'll work first time for you at home.

This month, we worked with *Good Food's* nutritionist, Wendy Doyle, to make our recipes as healthy as possible. One challenge is that you can't simply swap to lower fat ingredients as they often behave differently to full-fat ones when cooked, so you have to carefully adjust each recipe. Turn to our new healthy section on p43 to see the results.

For our new batch-cooking feature, we froze our dishes then defrosted them to make sure they tasted just as good – and to give you accurate re-heating times.



Turn to p130 for more information about how we develop and test our recipes

## RECIPE KEY ● Healthy option ■ Low fat ◆ Suitable for freezing

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Indian winter soup, p79

## MENUS OF THE MONTH

### Celebrate Valentine's Day with a special meal for two



Mussels with red onion, cider & crème fraîche p74



Rosemary & lemon roast chicken p98



Chocolate & almond puds with boozy hot chocolate sauce p70

### Entertain friends on a Friday with a spicy fish feast for four



Crab cakes with sweet chilli & ginger dipping sauce p62



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# Clarence Court

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# Cook's notes

This month's letters, news, best buys and cookery advice



## Hannah Measures

from London loves to travel and got the inspiration for this refreshing dish on one of her trips abroad. Serve it for breakfast to recreate that holiday feeling at home

### Reader recipe

Want to share one of your recipes with other *Good Food* fans? Send them to us at the address overleaf

## Orange & mint salad

SERVES 4 • PREP 15 mins • NO COOK

**Easy** **Superhealthy** good source of vitamin C, counts as 2 of 5-a-day, low fat

**4 oranges**  
**12 soft dates, stoned, sliced lengthways**  
**small bunch mint, leaves finely chopped, plus a few left whole**  
**1 tbsp rose syrup or rosewater**

Peel then segment the oranges, removing the white pith. Place in a bowl along with any juices, then add the dates, chopped mint and rose syrup and toss gently. Divide between 4 dessert bowls, scatter on the mint leaves and serve.

PER SERVING 222 kcals, protein 4g, carbs 54g, fat 1g, sat fat none, fibre 5g, sugar 54g, salt 0.04g

## Test Kitchen verdict

This tasted really fresh and would work very well with a dollop of yogurt and pancakes for breakfast, or a scoop of vanilla ice cream for pudding.



Fresh, zingy flavours to wake up your palate





We love to hear from you. Email us at [goodfood@bbc.co.uk](mailto:goodfood@bbc.co.uk) or write to Media Centre MC3D1, 201 Wood Lane, London W12 7TQ. Please include your full name, address and daytime phone number

# From your kitchen

## \*Star letter

Dear Good Food

We recently had friends round for dinner and cooked Gordon Ramsay's Braised beef in honey & soy (Oct 2010). It was easy and, importantly when times are tight, relatively inexpensive for what was amazing food – we bought 1kg of beef shin for £4. What made it even better was that after straining all the vegetables to make the sauce, we had the base for a gourmet sausage casserole to eat the following night.

**Michael Dale, Sheffield**

Michael wins six bottles of Taittinger Prestige Rosé Champagne. Its fresh scent of wild strawberries with just a hint of spice makes it ideal for Valentine's Day. Widely available from £42.99 a bottle, [taittinger.com](http://taittinger.com)



My parents came up from Dorset to babysit, so as a thank you my daughter Daisy and I had a go at making your Salmon coulibiac (Sep 2010). We personalised it by adding Daisy's initials as well as her brother Charlie's. The pie tasted as good as it looked – a hit with the whole family.

**John Askew, Bromsgrove**

## Meet this month's reader taste team panel



**Gemma Borg** from Iver, Buckinghamshire, is a Jamie Oliver fan who loves to cook curries and roasts. Spinach & ricotta cannelloni is the recipe that never lets her down and she bakes chocolate brownies to cheer herself up.



**Geoff Warburton** is a mostly vegetarian cook from Manchester, although he does enjoy whipping up the odd seafood dish. His signature recipe is aubergine, courgette & tomato gratin, and his top storecupboard ingredient is tomatoes in any form – passata, canned, fresh or puréed.



**Lucia Owen** is a Michel Roux Jr fan from Aylesbury. With three coeliac children, she has to avoid gluten, but manages to make great soups, curries, risottos and vegetarian dishes. Her must-have ingredients? Rice and coconut milk.

To take part in our reader taste team, write to CJ Jackson at *Good Food*, Third Floor D1, Media Centre, 201 Wood Lane, London W12 7TQ or email [goodfood@bbc.co.uk](mailto:goodfood@bbc.co.uk)



My daughter Louise, 10, loved the Get baking feature (Nov 2010). She spent the whole morning baking Whoopie pies, Crazy cookies and White chocolate spotty cake, then took them to church the next day and sold every crumb! She raised £46 and all the proceeds are going to a hospital in India.

**Mabel Richards, Cambridge**



### SEND US YOUR RECIPES

**Hannah** wins a James Martin Cookware stainless-steel

sauté pan, worth £100. For stockists, call 0117 940 0000 or visit [stellarcookware.co.uk](http://stellarcookware.co.uk)



## Catch up with more cooks like you

**facebook**

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– search for 'BBC Good

Food' and join the discussions. This month we've been asking you to tell us your favourite soup recipes at [bbcgoodfood.com](http://bbcgoodfood.com)

- John Torode's **Spiced pumpkin soup**, a real winter warmer. *Catherine*
- **Roast chicken soup**, as I've got lots of chicken stock to use up from making my parents' famous boiled chicken dinner. *Doreen*
- Nothing beats **French onion soup** with toasted cheese on top! *Kathy*
- Got to be **Cream of wild mushroom soup** – lovely and warming on a cold day. *Audrey*



**What's new on [bbcgoodfood.com](http://bbcgoodfood.com) this month...**

- Sweets for your sweet, and lots of

savoury ideas too,

in our Valentine's Day section

- Shrove Tuesday's coming up. Make perfect pancakes every time with five-star rated recipes and video guide.
- Over 150 constantly updated recipe collections covering every occasion.
- Soups, one-pots, curries and cakes to keep you warm on chilly days and nights.

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- Every time I use the [@bbcgoodfood](https://www.bbcgoodfood.com/app) cake App I find something else I love about it. *jimsyjumpots*
- I was pleasantly surprised when the December magazine was wrapped in nice shiny elastic rather than a plastic bag. *Renee\_v\_b*
- Just made a huge batch of apple chutney – yum. *Emmadotcom*



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# New this month!

We know you love *Good Food* and now it's even easier to access all your favourite recipes with our Good Food magazine iPad App

The iPad edition of **GoodFood** is an interactive version of the magazine, including these great extras:

-  **Recipes** presented as easy-to-view digital cook cards, with a large type mode to make them simple to follow.
-  **Personalised shopping list** to help you plan your meals throughout the month.
-  **Helpful glossary** of ingredients and techniques.
-  **Easy-to-use** search facility to find all your favourite dishes.
-  **Exclusive videos** cooking techniques made simple, demonstrated by the *Good Food* Team with advice, ideas and tips.



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# What's new

## IN STORE NOW

Healthy options



### ■ Dorset Cereals

#### marmalade

**granola**, £4.26, 600g, widely available.

A tangy take on cereal with lots of crunch from the sunflower seeds, rye flakes and roasted hazelnuts. The orange marmalade gives a lovely bitter tang. This would also make a brilliant base for a fruity flapjack.



### ■ Alaton spicy bean salad pot,

£1, 130g, Morrisons.

Just the right size for a lunch box, this chickpea salad has plenty of interesting flavours, including sweet caramelised onions and an earthy hit of cumin. Whizz in the processor for 30 seconds and you get a really tasty houmous.



### ■ Atkins & Potts roast pepper & lemon liqueur

**pasta sauce**, £2.99, 350g, delicatessens and [atkinsandpotts.co.uk](http://atkinsandpotts.co.uk).

It's great to find a pasta sauce that doesn't have tomato as the main ingredient. This combines the sweet piquant taste of roasted red peppers with the fresh, citrus tang of lemon liqueur. Use it to liven up a plain chicken breast.



### ■ Pedon 10 minutes

**minestrone**, £1.69, 250g, Tesco.

A good standby ingredient for lunch – tip the ready-mixed grains (spelt, barley, lentils and pasta) into a pan of boiling water with veg, and 10 minutes later you've made a warming minestrone. The grains are lovely added to a vegetable stew, too.

## CAN YOU BAKE?

Do you love home baking? Fancy putting your finely honed skills to the test? BBC Two is looking for amateur bakers across the country to take part in the second series of *The Great British Bake Off* and to take the Best Amateur Baker crown. If you'd like to find out more, call 020 7067 4879 or email [baking@loveproductions.co.uk](mailto:baking@loveproductions.co.uk). For terms and conditions, see p131.



Make a Valentine's pud extra-special with this heart-shaped baking dish – the ideal size for two. Made from flameproof stoneware, it's safe to use in the oven, microwave, freezer and dishwasher. Maxwell & Williams microstoven heart dish, 16.05 x 18 X 4.5cm, £8, [maxwellandwilliams.co.uk](http://maxwellandwilliams.co.uk).

This neat zester slips over the hand and into your palm. Scrub the fruit and the zest is caught in a box underneath. Suitable for left- or right-handed users. Chef'n palm citrus zester, £6.09, cookshops or [amazon.co.uk](http://amazon.co.uk).



## FOOD GLORIOUS FOOD

Everyone has childhood memories of food, even if it's the school dinners. A new exhibition at the V&A Museum of Childhood takes a look at food nostalgia, including packaging (left), gadgets and archive film footage. *Food Glorious Food* runs until 25 April, admission is free, [museumofchildhood.org.uk](http://museumofchildhood.org.uk).

## MasterChef gets a makeover

Britain's favourite cookery competition returns to BBC One in the new year with a fresh look and format modelled on the hugely popular Australian version of the show. Instead of six weeks of heats, judges Gregg Wallace (left) and John Torode will pick 20 contestants, then viewers will follow their progress through the 15-part prime-time series.

At the heart of this year's *MasterChef* is a massive kitchen built to accommodate all 20 of the hopefuls. Here they will face the kind of challenges previously kept to the semi-final and final stages, along with more ambitious tests to develop their skills.







**NEW  
SERIES**  
Cook school  
secrets

# Learn to fillet a fish

In the first of a new series, **Mary Cadogan** takes you, step by step, through a classic cookery technique that you'll use again and again

**M**ary Cadogan, a former Food director of *Good Food*, lives in France with her husband Mick. She opened a cookery school in the south-west, in Charente, and enjoys sharing her experience and recipes.

'Since launching my school two years ago,' says Mary, 'I've found a growing number of cooks are asking me to teach them kitchen skills to open the door to more exciting and adventurous cooking. So, this new series is about guiding cooks through a valuable kitchen technique and giving plenty of tips. Plus there will always be a fantastic recipe to show off your newly acquired skills.' Find out more about the school at [marycadogan.com](http://marycadogan.com).

## FILLETING A SMALL, ROUND FISH

This technique is for fish such as sea bass, gilthead bream, mackerel and herring

### EQUIPMENT YOU'LL NEED

- Chopping board
- Large knife
- Kitchen scissors
- Filleting knife or medium knife with flexible blade (as sharp as possible)
- Tweezers or pliers

### STEP 1

Remove the scales. Grip the fish by the tail (dip your fingers in salt to give you grip). Scrape the skin against the direction of the scales from tail to head and using the back of a large knife or a fish scaler and wash the fish under cold, running water.



### STEP 2

Using kitchen scissors, cut off all the fins which you'll find along the back of the fish, behind the head and under the body. Take care – they can be sharp and spiky.



### STEP 3

Wipe the fish clean with a cloth. Then, using kitchen scissors, cut open the belly from just above the tail to the head and pull out all the guts.



### STEP 4

Cut away any remaining pieces of gut left in the cavity, then wash the fish thoroughly in cold, running water.



### STEP 5

Take a medium-size sharp knife with a flexible blade. Put the fish on a board with the tail facing you. Make a cut across the fish behind the head until you reach the backbone.



### STEP 6

Keep knife close to the backbone and flat; start to cut the fillet away and lift off. Turn the fish over and repeat, keeping your hand firmly pressed down on the fish to make it easier. Repeat with the other fish.




### STEP 7

Stroke the fillets with your hand from head to tail to find any bones that might be left. Remove them using tweezers or pliers. Trim off any raggy edges around the fillets to give you a neat shape.



## Grilled bass with sauce vierge

SERVES 4 • PREP 20 mins •

COOK 10 mins 

*Bass can vary in size but for this dish you will need to start with two, each weighing between 600-800g, which you'll cut into four fillets. Grilling the fish skin-side up protects the delicate flesh from overcooking and keeps it beautifully moist.*

50g/2oz butter, melted

4 sea bass fillets

### FOR THE SAUCE

100g/4oz cherry tomatoes,  
finely chopped

1 shallot, finely chopped

2 tsp small capers

juice of ½ lemon

100ml/3½fl oz extra virgin  
olive oil

handful torn basil leaves and  
chopped chives, to garnish

**1** Line a grill pan with foil and brush lightly with butter. Brush the fish on both sides with butter and season. Lay on the foil, skin-side up.

**2** Put the tomatoes and shallot in a pan with the capers, lemon juice and oil, and season.

**3** Grill the bass for 5-7 mins under a hot grill until just cooked and the skin is starting to brown. Meanwhile, warm the sauce through for 2 mins, then stir in some of the torn basil leaves. Lift the bass onto warmed plates using a fish slice and spoon the sauce around. Serve with steamed new potatoes or small baked potatoes, and add the remaining basil and chives.

PER SERVING 479 kcals, protein 34g, carbs 1g, fat 38g, sat fat 11g, fibre 0g, sugar 1g, salt 0.58g

## BUYING FISH

A fresh fish won't have a strong smell – just an aroma of the sea. The eyes will be clear and bright, and the skin firm and gleaming.

If you press the fish lightly with your finger, the flesh should spring back. If you are able to look at the gills they should be pink, not dull brown.

It's much better to buy a whole fish and fillet it yourself, then it is easier to check for freshness.



Easy-to-cook fish





# Here to help

Many readers will remember **Sara Buenfeld**, who was our Food director until last year. This month, she starts a new series sharing seasonal advice and cookery tips

## Don't miss out on marmalade

I didn't make marmalade last year and bitterly regretted it. Before I knew it, the short Seville orange season had gone.

This year I'm already on my second batch, as I've devised a shortcut recipe that saves hours on the traditional method. It's not for the purist, who still enjoys the

ritual of soaking the peel overnight with the pips and pith in a muslin bag. But, using the help of pectin-rich jam sugar, the results of my experiment are excellent.

If you've never made marmalade before, this is a good way to start. Do give it a go – I'd love to hear how you get on.

### Shortcut Seville marmalade

**MAKES** approx 4 x 500g jars

**1 Boil 500g whole Seville oranges in 2 litres water** until very soft – it will take about 2 hrs. Pour the liquid into a preserving pan or a large saucepan.

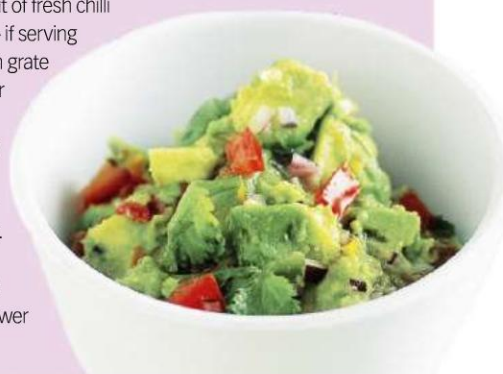
**2 Cut the oranges into wedges, flick out the pips with the point of a knife then gently squeeze the wedges over the pan as they'll be very juicy. Thinly slice them, then add to the pan with 1.5kg jam sugar.** Dissolve over the heat then boil for 7-10 mins, stirring occasionally, until a little of the mixture dropped onto a chilled plate sets and wrinkles when you push your finger through. Leave to settle for 15 mins before potting into sterilised jars.



## My tips for perfect guacamole

*A fresh, green guacamole made with in-season avocados does wonders to cheer up a meal in the depths of winter. I love it as a dip and with spicy Mexican food. It's also good with seared scallops, chicken or steak. See [bbcgoodfood.com](http://bbcgoodfood.com) for recipes.*

- Choose Hass avocados from Chile, as they're in season now and have a creamier texture than others like Fuerte. The secret of good guacamole is the texture, so make sure they're ripe (the skin will be blackening), then finely chop rather than mash.
- Add a good hit of fresh chilli and lime juice – if serving with fish, I often grate in some zest for extra flavour.
- For a savoury note, add a little very finely chopped onion. You only need a spoonful so it doesn't overpower the avocado.
- Don't be mean with the fresh coriander – it's essential.
- Stir in any salt or tomato just before serving or it can make the guacamole watery.
- In winter, use a few pomegranate seeds instead of tomato.



### HAVE YOU TRIED

## Tilapia?

Although this exotic-looking fish is originally from the Caribbean, it is now farmed sustainably in Yorkshire and Lincolnshire to serve Britain's fish counters. The white flesh is firm and robust enough for all sorts of recipes – I use boneless chunks with great success in curries. Buy it in Tesco and selected Morrisons for about £4 per fish.



### Q Why does homemade cream of tomato soup sometimes curdle?

At this time of year canned tomatoes are great for making a warming soup. But their acidity can cause soups to curdle when it comes to adding the cream or milk.

My foolproof solution is to reduce the acidity in the soup with ½ tsp of bicarbonate of soda before adding any dairy products. It works every time.

## Here's the scoop

My dad was the cake-maker when I was a child, he used an ice-cream scoop to portion out just the right amount of batter into paper cases.

It's a trick I still use today. Ice-cream scoops, with their all-important spring release, range from marble-size, ideal for shaping Valentine's Day truffles, to extra-large, great for portioning muffins.



• **Sara Buenfeld**, has more than 20 years experience in the kitchen, and has worked on many magazines and books, including *Good Food*. She is now a freelance food writer and also creates our cover recipes every month

*If you have a question for Sara, email us at [goodfood@bbc.com](mailto:goodfood@bbc.com)*





#### Leg of lamb

Whether it be Welsh or good old English, you can't beat a joint of roast lamb - just make sure you garnish it in herbs and garlic!

#### Sea salt

From sea to lamb - sprinkle liberally and enjoy.



#### Black pepper

Freshly ground black pepper adds just the right amount of culinary gusto to your own.



#### Sweet potatoes

These bite-sized pieces of caramelised orange loveliness soak up the gravy and will have everyone fighting for the last piece.



#### Red Wine

The perfect accompaniment to roast lamb whether making a rich full-bodied gravy or served up at the table - salut!



#### Garlic

An aromatic compliment to the lamb - be reckless and throw in another couple of cloves...



OPENSOURCE

## The vital ingredient for roast lamb.

With 20% more room than a standard built-in single oven, the Hotpoint Openspace makes cooking roast lamb a pleasure instead of a logistical nightmare. The insulating divider creates two independently controlled cooking spaces, so while the lamb browns to perfection in the bottom, the Yorkshires sizzle in the top...double oven versatility in a single oven space.  
[hotpoint.co.uk](http://hotpoint.co.uk)

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#### Rosemary

One of the quintessential Mediterranean aromas - enough to turn the most austere British day into a food holiday.





# Books for cooks



**Sally Hughes**, our cookbook expert, recommends books that can change your eating habits for a healthier life



**Less Meat More Veg** by Rachel de Thamp (£16.99, *Good Food* offer price £15.29, Kyle Cathie)

This is a very clever concept and perfectly suited to the way many of us want to eat now. It's not a book for vegetarians, but for those who want to reduce the amount of meat and dairy they're eating for health, diet or budgetary reasons. The trick is providing recipes that reduce the amount of meat, fish or dairy to no more than 50g per serving, less than half of what the average Briton eats now. The meat chapters begin with a roast and some great trimmings (the honey-spiced cauliflower is amazing).

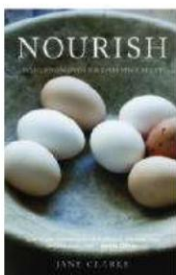
Rachel then uses the leftovers to provide a week's meals. Inspired dishes like the Bohemian pork goulash or the Lamb pittas with baba ghanoush will see you eating more healthily, without missing the meat.



**Appetite for Reduction** by Isa Chandra Moskowitz (£11.99, *Good Food* offer price £10.79, Perseus Press)

This is a vegan diet book, but forget your preconceptions and look at the food. Isa is an amazing cook – her recipes are delicious and written for people who want to lose weight, but not their enjoyment of food.

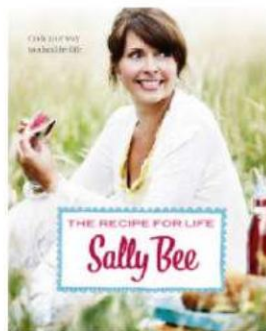
She uses spices cleverly to make you forget you're eating low fat and ups the grain and veg content to keep you satisfied. Isa reworks favourites making them lighter and healthier. Her book is worth buying for the salad dressings alone – the Sundried tomato & walnut dressing on the Trattoria pasta salad is a showstopper, as is the Peanut lime on the Pad Thai salad. This is an American book, so measurements and some terms may seem unfamiliar, but there is a useful page of conversions. It will be worth it.



**Nourish** by Jane Clarke (£25, *Good Food* offer price £18, Collins & Brown)

This is less a recipe book and more a blueprint for healthy living, although it does include some great recipes. Jane Clarke is a leading nutritionist and this book looks at the ways of feeding yourself and your family from childhood to old age.

Jane is profoundly practical and rooted in the real world, where time is short and food must be appetising as well as good for you. She draws on Mediterranean cuisine and that of further afield, and advises on how to eat to keep your energy levels high and maintain a weight that is right for you and makes you feel good. There's also advice about eating to keep certain conditions in check. Overall, a practical and extremely useful guide to healthy eating.



**The Recipe for Life** by Sally Bee (£14.99, *Good Food* offer price £13.49, Harper Collins) Practical healthy-eating advice from a mum who survived a frightening brush with heart disease.

Her recipes are very family-friendly, simple and quick to make from inexpensive, readily available ingredients. By increasing the fruit and vegetables on the plate and packing in the flavour, Sally Bee makes healthy eating fun. The heart-healthy recipes are very low fat so whether you're looking to improve your diet for health or vanity reasons, these dishes will fit the bill.

It's often easy to find lighter healthy meal ideas for the summer months and there are many here, including some delicious turkey kebabs – a must for the next barbecue. But Sally also has great winter warmers, like the celeriac casserole in cabbage leaves or the sticky pork, shown below.

## Pork chops with apples & pears

*I enjoy pork, especially with fruit. I advise cutting off all visible fat from your pork chops, but this lost flavour is more than compensated for with the delicious fruit and vegetables in this dish. Serve with rice or a baked sweet potato.*

SERVES 4 • PREP 15 mins • COOK 50 mins **Easy**

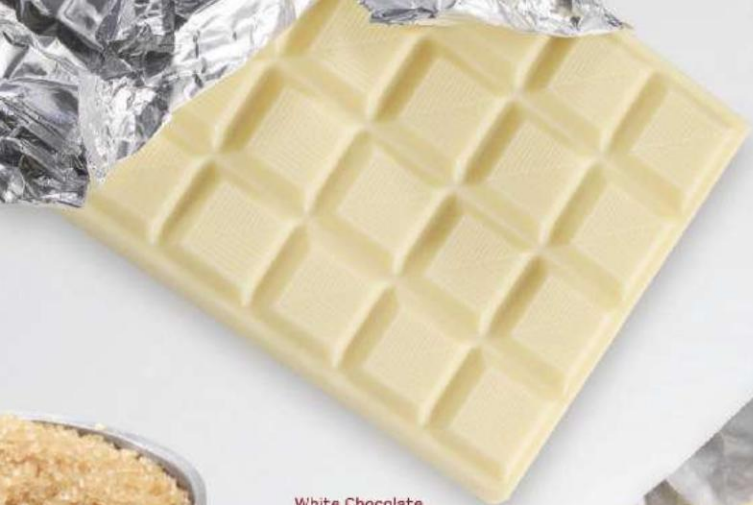
- 4 pork loin chops
- 3 tbsp olive oil
- 1 tbsp fennel seeds, crushed
- 5cm/2in ginger, grated
- 450g/1lb small parsnips, peeled and halved lengthways
- 200g/7oz small leeks, trimmed and roughly sliced
- 2 Granny Smith apples, peeled, halved and cored
- 2 pears, peeled and halved
- 300ml/10fl oz apple juice
- 1 bay leaf

- 1 Heat oven to 200C/180C fan/gas 6. Rub the pork all over with 1 tbsp of olive oil, the fennel seeds and ginger. Heat the remaining olive oil in a large ovenproof casserole dish set over a medium heat. Cook the chops for 2 mins on each side to brown them. Remove them and set aside.
- 2 Now put the parsnips into the casserole dish and stir until these are golden brown. Next, add the leeks, apples and pears, then sit the chops on top. Pour in half the apple juice, add the bay leaf and bake in the oven for about 30 mins, depending on the thickness of the chops, turning everything occasionally during cooking so it colours evenly.
- 3 After 30 mins, transfer the chops, parsnips, leeks, apple and pears to a serving dish, cover and keep warm. Put the casserole dish back on the hob over a high heat and stir in the remaining apple juice. Let it bubble, stirring in any tasty bits from the dish with a wooden spoon. Leave to bubble until the juice reduces to a syrupy liquid, then season with black pepper and taste. Spoon this over the chops and fruit. Serve with a jacket potato, a baked sweet potato or rice.



You can buy all this month's books at a discount. Simply call 01326 569444, p&p is free. Or buy online at [bbcgoodfood.com/sparkledirect](http://bbcgoodfood.com/sparkledirect)





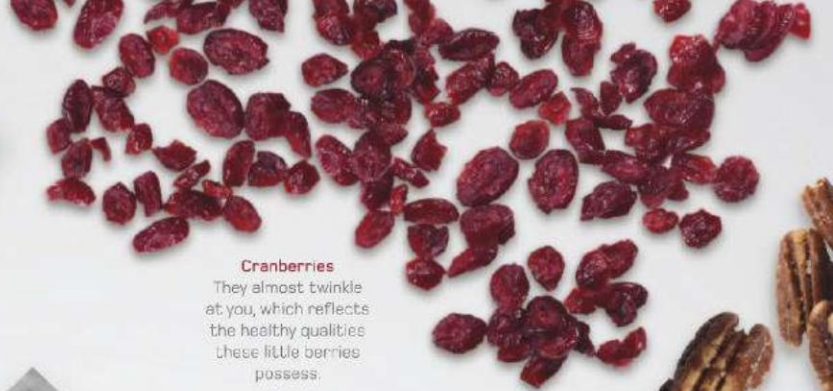
**White Chocolate**  
Yummmmm...



**Brown sugar**  
Crystals of amber coloured demerara that add subtle sweetness without the sugar rush.



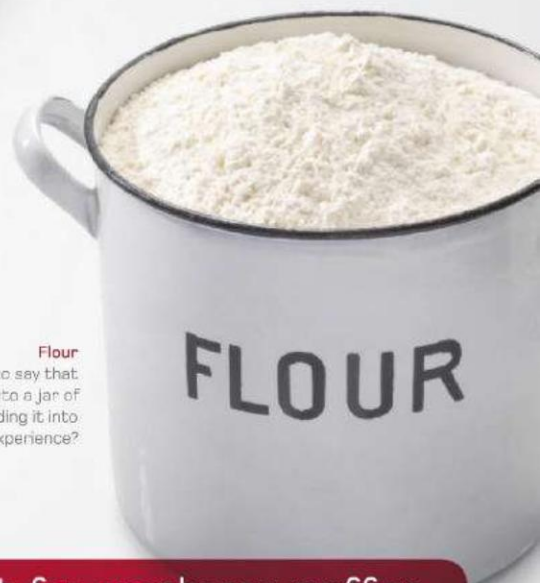
**Butter**  
Soft, creamy, dairy flavour made from happy cows. You don't really need a buttercup to know you love the taste of butter, do you?



**Cranberries**  
They almost twinkle at you, which reflects the healthy qualities these little berries possess.

**Pecans**

Was there ever a nut as evocative as a roasted pecan or one that melted on the tongue so deliciously? Probably not...



**Flour**  
We defy anyone to say that poking your hands into a jar of flour and then kneading it into dough isn't a joyful experience?



OPENSOURCE

## The vital ingredient for cranberry muffins.

The secret to making the perfect batch of muffins? Use the Hotpoint Openspace with 20% more space than a standard built-in single oven. Alternatively why not whip-up a Victoria sponge mix and let the automatic cake programme take care of the rest. Phew! [hotpoint.co.uk](http://hotpoint.co.uk)

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**Toasted almonds**  
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35 Satisfying and superhealthy –  
Creamy veggie korma



38 New series – junior  
cooks share their recipes



30 Quick storecupboard pud –  
Cherry chocolate meringue pots

# Everyday

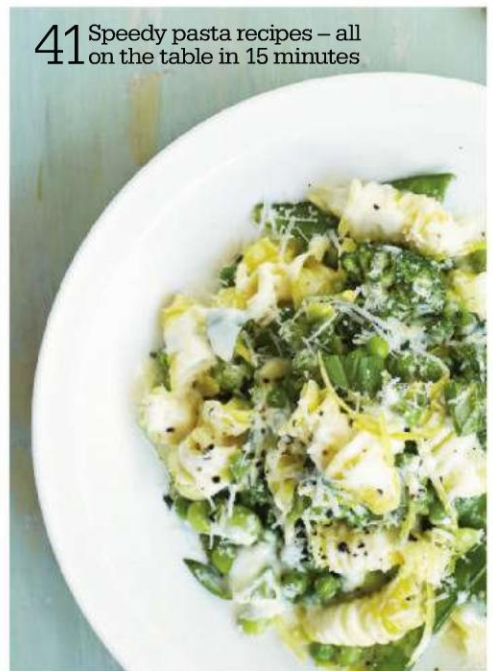
A month of great-value  
meals for busy weeknights



36 Quick and healthy sides to  
liven up midweek meals



30 Hearty supper that hits  
the spot – Paprika pork



41 Speedy pasta recipes – all  
on the table in 15 minutes



# Make it tonight

Inspiration for your midweek suppers this month with quick and easy recipes, plus plenty of tips and twists to keep things interesting  
RECIPES Jemma Morphet PHOTOGRAPHS Will Heap

MONEY  
WISE

New way with fish  
£1.22 per serving



## Zesty haddock with crushed potatoes & peas

SERVES 4 • PREP 15 mins •

COOK 20 mins **Easy** **Superhealthy**

Good source of vitamin C, low fat

600g/1lb 5oz floury potatoes,  
unpeeled, cut into chunks

140g/5oz frozen peas

2½ tbsp extra virgin olive oil  
juice and zest ½ lemon

1 tbsp capers, roughly chopped

2 tbsp snipped chives

4 haddock or other chunky white  
fish fillets, about 120g each (or  
use 2 small per person)

2 tbsp plain flour

broccoli, to serve

**1** Cover the potatoes in cold water, bring to the boil, then turn to a simmer. Cook for 10 mins until tender, adding peas for the final min of cooking. Drain and roughly crush together, adding plenty of seasoning and 1 tbsp oil. Keep warm.

**2** Meanwhile, for the dressing, mix 1 tbsp oil, the lemon juice and zest, capers and chives with some seasoning.

**3** Dust the fish in the flour, tapping off any excess and season. Heat remaining oil in a non-stick frying pan. Fry the fish for 2-3 mins on each side until cooked, then add the dressing and warm through. Serve with the crush and broccoli.

PER SERVING 305 kcals, protein 28g, carbs 31g, fat 8g, sat fat 1g, fibre 4g, sugar 2g, salt 0.71g

## MAKE IT DIFFERENT

### Salmon with mustard mash


Swap the haddock for **4 salmon fillets** and cook for a few extra mins. Make mash as above, using **750g potatoes**, leaving out the peas, and adding

**1 tbsp wholegrain mustard, 4 tbsp soft cheese** and **100ml milk**. Swap the chives for **chopped dill** in the dressing.



## Lamb meatballs with rosemary tomato sauce

SERVES 4 • PREP 10 mins

COOK 35 mins 

2 tsp olive oil

1 pack 12 ready-made lamb meatballs (approx 450g)

4 onions, finely sliced

4 garlic cloves, finely sliced

1 tbsp finely chopped rosemary leaves, plus extra to sprinkle

2 x 400g cans chopped tomatoes

400g/14oz pasta, cooked, to serve

**1** Heat 1 tsp oil in a large frying pan. Add the meatballs and cook, turning often, until browned. Remove from the pan.

**2** Tip the onions into the pan with the remaining oil and a pinch of salt and cook until very soft, 10-15 mins. Add the garlic and rosemary and cook for 2 mins more.

**3** Add the tomatoes and return meatballs to the pan. Simmer for 10 mins until the sauce has thickened and the meatballs are cooked through. Season and serve with the pasta, sprinkle with rosemary.

PER SERVING 311 kJ, protein 23g, carbs 22g, fat 15g, sat fat 6g, fibre 5g, sugar 11g, salt 1.84g

**TIP** Get ahead by doubling the meatballs and sauce, then freezing them for another time.



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Hearty meal that hits the spot  
£1.02 per serving



Fresh, zingy flavours  
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### Mustard griddled chicken, beetroot & orange salad

SERVES 4 • PREP 15 mins •  
COOK 15 mins **Easy** **Superhealthy**

- 4 skinless, boneless chicken thigh fillets
- 2 oranges
- 2 tbsp Dijon mustard
- 1 tbsp olive oil
- 140g bag spinach, rocket & watercress salad
- 4 vacuum-packed cooked beetroot, cut into wedges

**1** Put the chicken between 2 sheets of parchment paper or cling film and bash with a rolling pin to flatten. Grate the zest from  $\frac{1}{2}$  orange and mix in a bowl with the mustard, 2 tsp oil and plenty of seasoning. Add the chicken and stir well.  
**2** Heat a griddle or frying pan and cook the chicken for 5-6 mins on each side until cooked through. Place on a plate to rest while you assemble the salad.  
**3** Tip the salad leaves into a bowl. Peel and slice the oranges on a plate to catch any juices. Pour the orange juice over the leaves, add the slices with 1tsp oil and toss together. Add the beetroot, then

slice the chicken and add to the salad along with any resting juices. Divide everything between plates and serve.  
PER SERVING 205 kcals, protein 24g, carbs 14g, fat 6g, sat fat 1g, fibre 3g, sugar 13g, salt 1.09g

### MAKE IT WITH STEAK Steak, grapefruit & avocado salad

Season and pan-fry 2 rump steaks to your taste and allow to rest.

Mix 3 tbsp olive oil, 1 tbsp mustard and 2 tsp red wine vinegar. Segment 1 pink grapefruit and add the juice from the pith to the dressing. Lay the salad leaves on serving plates with 2 sliced avocados and the grapefruit segments.

Slice the steak, arrange on the salads, then drizzle over the dressing.

#### GoodFood READER OFFER

This griddle pan from Vinersdirect is perfect for giving meat, fish and veg a wonderful chargrilled taste.  
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£3.95 p&p, [vinersdirect.com/goodfood](http://vinersdirect.com/goodfood) or 0330 440 1881, quote GFM0049.



### Free-form Florentine pie

SERVES 4 • PREP 10 mins •  
COOK 35 mins **Easy**

- 2 tsp olive oil
- 400g bag fresh spinach
- 250g tub ricotta
- grating of nutmeg
- 375g ready-rolled puff pastry sheet
- 4 medium eggs

**1** Heat oven to 220C/200C fan/gas 7. Heat the oil in a large saucepan. Add the spinach and cook until wilted, then drain and thoroughly squeeze out as much liquid as possible. Mix with the ricotta, nutmeg and plenty of seasoning.  
**2** Lay the pastry on a baking sheet and pinch up the edges to form a lip all round. Prick the base all over with a fork, so the pastry doesn't puff up too much. Bake for 15 mins or until the pastry is light brown.  
**3** Remove from oven and press the pastry down if it has puffed up. Pile in the spinach mix, leaving four clear areas for the eggs to go into. Carefully crack an egg into each space. Season and pop back in the oven for a further 10-15 mins until the white is set and yolk is still a little runny, or to your taste.

PER SERVING 587 kcals, protein 20g, carbs 30g, fat 44g, sat fat 18g, fibre 3g, sugar 4g, salt 1.64g

### MAKE IT DIFFERENT

#### Spinach, ricotta & onion tart

Heat 2 tbsp olive oil in a pan. Add 3 finely sliced red onions and a pinch of sugar and cook for 15 mins until golden.

Prepare the recipe as above for stages 1 and 2, then remove pastry as directed and pile in the spinach mix, but do not leave space for eggs. Spoon the onions over the spinach and sprinkle with 2 tbsp pine nuts. Bake for 5 mins until the pastry is golden and cooked through.





Just six ingredients  
£1.45 per serving







Make our cover recipe  
£2.77 per serving

### Superhealthy Singapore noodles

SERVES 4 • PREP 20 mins • COOK 10 mins

**Easy** **Superhealthy** Low fat

- 3 nests medium egg noodles
- 2 tbsp sunflower oil
- 100g/4oz tenderstem broccoli, stems sliced at an angle
- 1 red pepper, deseeded, quartered then cut into strips
- 85g/3oz baby corn, quartered lengthways
- 2 garlic cloves, shredded
- 1 red chilli, deseeded and chopped
- thumb-size piece fresh ginger, peeled and finely chopped
- 2 skinless chicken breasts, sliced
- 100g/4oz shelled raw king prawns
- 1 heaped tbsp Madras curry paste
- 2 tsp soy sauce
- 100g/4oz beansprouts
- 15g pack coriander, chopped
- 4 spring onions, shredded
- lime wedges, for squeezing

**1** Pour boiling water over the noodles and leave to soften. Meanwhile, heat half the oil in a large non-stick wok and stir-fry all the vegetables, except the beansprouts and onions, with the garlic, chilli and ginger until softened. If the broccoli won't soften, add a splash of water to the wok and cover to create some steam.

**2** Tip the veg on to a plate, add the rest of the oil to the wok then briefly stir-fry the chicken and prawns until just cooked. Set aside with the vegetables and add the curry paste to the pan. Stir-fry for a few secs then add 150ml water and the soy sauce. Allow to bubble then add the drained, softened noodles and beansprouts, and toss together to coat.

**3** Return the vegetables, chicken and prawns to the wok with the coriander and spring onions. Toss well over the heat and serve with lime wedges.

PER SERVING 362 kcals, protein 40g, carbs 33g, fat 9g, sat fat 1g, fibre 6g, sugar 5g, salt 1.39g

### Pork & apple burgers with pickled red cabbage

SERVES 4 • PREP 15 mins •

COOK 25-30 mins **Easy** Burgers can be frozen uncooked

- 8 good-quality pork sausages
- 1 eating apple, peeled, cored and grated
- 1 tbsp chopped sage leaves
- 2 tbsp red wine vinegar
- 1½ tbsp caster sugar
- 1 small red onion, finely sliced
- 200g/7oz red cabbage, finely sliced
- 2 tsp wholegrain mustard
- 4 bread rolls, split in half

**1** Heat oven to 200C/fan 180C/gas 6. Snip the tops off the sausages and squeeze the meat out into a bowl. Stir through the grated apple and sage, then shape into 4 patties. Place the burgers on a baking sheet and cook for 25-30 mins or until golden and cooked through.

**2** Meanwhile, mix the vinegar and sugar together with some seasoning. Stir to dissolve the sugar before stirring in the onion, cabbage and mustard. Leave to stand and soften while the burgers finish cooking. Place a burger in each roll and top with some pickled cabbage, serving any extra on the side.

PER SERVING 463 kcals, protein 21g, carbs 43g, fat 24g, sat fat 7g, fibre 3g, sugar 14g, salt 2.26g

### USE UP RED CABBAGE

#### Stir-fried cabbage with sesame

Heat **1 tbsp vegetable oil** in a wok. Add **300g finely shredded red cabbage**, **2 carrots, cut into matchsticks**, and **2 garlic cloves, crushed**. Stir-fry until tender, then add **1 tbsp soy sauce** and **1 tbsp honey**. Cook for 1 min more before drizzling over a **little sesame oil** and sprinkling with **sesame seeds**.

#### Cabbage, beet & orange salad

Mix **300g finely shredded red cabbage** with **3 sliced cooked beetroot** and **1 segmented orange**. Season and drizzle with **2 tbsp olive oil** and **1 tbsp red wine vinegar**. Give everything a good stir and serve sprinkled with **chopped chives**.

#### Carrot, fennel & red cabbage slaw

Mix **1 shredded carrot**, **1 finely sliced fennel bulb** and **300g finely shredded red cabbage**. Stir in **4 tbsp mayonnaise**, **4 tbsp plain yogurt**, **1 tbsp Dijon mustard** and a handful of **chopped parsley**.



## TASTE TEAM COMMENT

'I loved the combination of apple, pork and sage, and the burgers had a nice texture. The relish worked very well, both inside the roll and as a side dish.' LUCIA



Your family will love these  
88p per serving







Makes lamb  
steaks go further  
**£1.48 per serving**

### Harissa lamb & houmous flatbreads

SERVES 4 • PREP 15 mins •  
COOK 12-16 mins **Easy**

2 lamb leg steaks  
1 tbsp harissa  
4 wholemeal flatbreads  
4 tbsp ready-made houmous  
2 carrots, grated  
handful of parsley leaves, chopped

**1** Heat the grill to high. Place the lamb on a baking tray, rub all over with the harissa and season. Grill for 6-8 mins, turning halfway through cooking. When the lamb is cooked to your liking, remove to a plate and allow to rest for a couple of mins.  
**2** Meanwhile, warm the flatbreads, then spread each with 1 tbsp houmous. Mix the carrot and parsley. Slice the lamb and scatter down the middle of each flatbread. Top with carrot, drizzle over any resting juices, roll up and eat.

PER SERVING 390 kcals, protein 28g, carbs 34g, fat 17g, sat fat 6g, fibre 4g, sugar 4g, salt 1.45g

### Spicy vegetable egg fried rice

SERVES 4 • PREP 10 mins •

COOK 15-20 mins **Easy**

**Superhealthy** Counts as 2 of 5-a-day, good source of vitamin C, low fat

200g/7oz basmati rice or 400g/14oz leftover cooked rice  
1-2 red chillies, deseeded and grated or very finely chopped  
3 garlic cloves, crushed  
1 tbsp sunflower oil  
2 large carrots, diced  
200g/7oz Chinese cabbage, finely sliced  
2 eggs, lightly beaten  
3 spring onions, sliced  
200g/7oz frozen peas  
1 tbsp soy sauce, plus extra for serving, if you like

**1** If making the rice from scratch, cook it following pack instructions, then drain. Mix the chillies and garlic (in a pestle and mortar, if you have one) with a pinch of salt, to make a paste.

**2** Heat oil in a wok or large frying pan on a medium-high heat. Add the carrots and stir-fry for 5 mins until tender. Add the cabbage and chilli paste and cook for 1 min more. Tip in the cooked basmati or leftover rice and stir-fry for 1 min until piping hot.

**3** Push the rice mixture to one side of the pan. Add the eggs to the cleared space and scramble until set. Mix in the onions, peas and soy and stir-fry everything together until the peas are hot.

PER SERVING 305 kcals, protein 12g, carbs 52g, fat 7g, sat fat 2g, fibre 6g, sugar 8g, salt 0.84g

**TIP** Mix it up with different veg in your fried rice – broccoli, bok choy, baby corn and mangetout are all great additions.

### TASTE TEAM COMMENT

'It was surprisingly tasty for such a simple dish. Adding the peas last gave them bite and the quantity of egg also worked well.'



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Use up leftover rice  
69p per serving





**MONEY  
WISE**

Delicious with rice or noodles  
**£1.38 per serving**



### Paprika pork

SERVES 4 • PREP 10 mins •  
COOK 25 mins **Easy** **Superhealthy**  
Counts as 1 of 5-a-day

1 tbsp olive oil  
2 onions, finely sliced  
400g/14oz pork fillet, trimmed  
of any fat, cut into thick strips  
250g pack mushrooms, sliced  
1½ tbsp smoked paprika  
1 tbsp tomato purée  
200ml/7fl oz chicken stock  
100ml/3½fl oz soured cream  
egg noodles, tagliatelle or rice, to serve

**1** Heat the oil in a large pan, tip in the onions and cook for 10 mins until soft and golden. Add the pork and mushrooms and cook on a high heat for 3-4 mins until browned. Add the paprika and cook for 1 min more.  
**2** Stir in the tomato purée, then pour on the stock and simmer for 5-8 mins until the pork is cooked through. Finally, mix in the soured cream and some seasoning. Serve with egg noodles, tagliatelle or rice, and an extra dollop of soured cream, if you like.

PER SERVING 257 kcals, protein 27g, carbs 9g, fat 13g, sat fat 5g, fibre 2g, sugar 5g, salt 0.35g

### Cherry chocolate meringue pots

SERVES 4 • PREP 8 mins • COOK 5 min

**Easy**

300ml pot double cream  
4 shop-bought meringue nests,  
roughly broken  
50g/2oz dark chocolate  
8 tbsp cherry compote  
(we used Bonne Maman)

Whip the cream to soft peaks, then fold in the meringue pieces. Heat the chocolate in the microwave for 30-45 secs or until melted, stirring halfway through. Spoon 2 tbsp cherry compote into each of 4 glasses, then top with the meringue mix. Drizzle melted chocolate on top of each glass and serve.

PER SERVING 504 kcals, protein 3g, carbs 27g, fat 44g, sat fat 25g, fibre 1g, sugar 26g, salt 0.08g

### USE UP CHOCOLATE AND CHERRY COMPOTE

#### Fast choc pots

Melt 50g chocolate and cool slightly. Stir into a 250g tub mascarpone with a pinch of orange zest.

Spoon into small pots and chill.

When ready to eat, top with some compote and serve with shortbread fingers.



Ready in a flash  
**67p per serving**



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# Suppers to suit everyone



Cooking more than one meal every night to cater for different tastes and diets? These clever recipes can be adapted to everybody's needs with little or no fuss – great if just some of the family are vegetarians, or the kids are picky

Recipes EMILY BOYCE Photographs WILL HEAP



Family winter warmer  
£1.52 per serving

## Somerset stew with cheddar & parsley mash

SERVES 4 • PREP 15 mins • COOK 35 mins

**Easy** **Superhealthy** good source of vit C, 3 of 5-a day, low fat,

- 1 tbsp oil
- 1 onion, finely chopped
- 1 garlic clove, finely chopped
- 1 large carrot, finely chopped
- 1 leek, chopped
- 1 tbsp tomato purée
- 400g can chopped tomatoes
- 200g can butter beans, drained

- 400g can flageolet beans, rinsed and drained
- 200ml/7fl oz dry cider
- 250ml/9fl oz vegetable stock
- few sprigs thyme, leaves only
- Cheddar & parsley mash (see below)**
- MAKE IT NON-VEGGIE** 2 sausages plus 1 tsp olive oil per portion

**1** Heat oil in a large pan and fry the onion, garlic, carrot and leek until soft but not coloured. Add the tomato purée, chopped tomatoes, butter beans, flageolet beans, cider, stock and thyme and simmer for 15-20 mins until the stew has thickened and the veg are tender.

**2** Meanwhile, if you're adding sausages to any portion, snip each sausage into 3-4 chunks. Heat the olive oil in a frying pan and brown the chunks for 5 mins, then stir in appropriate portions of the stew and gently simmer for the remaining cooking time. Serve with the mash.

**V** PER SERVING 169 kcals, protein 9g, carbs 24g, fat 4g, sat fat 0g, fibre 7g, sugar 10g, salt 0.99g

## Cheddar & parsley mash

Peel **850g potatoes**, cut into chunks, and boil in salted water for 15 mins or so until tender. Drain, return to the pan and mash with a **splash of milk**, **25g butter**, **75g extra-mature grated cheddar** and a **handful of chopped parsley**. Season.

**V** PER SERVING 288 kcals, protein 10g, carbs 37g, fat 12g, sat fat 8g, fibre 3g, sugar 2g, salt 0.47g

### TIP

Put the mash in a heatproof dish, dot with butter and place under the grill for a few mins for a golden and crisp finish.

## Sweet potato & spinach bake

SERVES 4 • PREP 15 mins •

COOK 1 hr **Easy** **V**

300ml/½pt single cream (see tip below)

- 1 garlic clove, peeled
- 2 sprigs thyme or rosemary
- 250g bag frozen spinach
- freshly grated nutmeg
- butter, for greasing
- 850g/1lb 14oz sweet potatoes, peeled and thinly sliced (about 3mm thick)
- 25g/1oz grated hard cheese, such as cheddar, Parmesan or veggie alternative
- MAKE IT NON-VEGGIE** 2 lamb chops plus 1 sprig thyme or rosemary and 1 tsp olive oil per portion

**1** Heat oven to 200C/180C fan/gas 6.

Put the cream, garlic and herb sprigs into a small saucepan and slowly bring to just below boiling. Turn off the heat, season and leave to infuse.

**2** Put the spinach into a colander, pour over a kettle of boiling water and leave to drain for a few mins. Then squeeze out as much water as possible. Season with salt, pepper and freshly grated nutmeg.

**3** Grease an ovenproof dish generously with butter and spread half the sweet potato slices across the bottom. Top with a layer of spinach, then the remaining potato. Pour over the cream mixture, through a sieve to remove the garlic and herbs, then sprinkle with cheese. Bake for 45-55 mins until golden and tender.

**4** Meanwhile, if you're serving the chops, heat a griddle or frying pan and finely chop the leaves from the herb sprig. Rub over the chops with the oil and some seasoning, then griddle or fry for 3-4 mins on each side or until cooked to your liking. Leave bake, and chops if serving, to rest for 5 mins, then serve with a big green salad.

**V** PER SERVING 383 kcals, protein 9g, carbs 48g, fat 19g, sat fat 11g, fibre 7g, sugar 15g, salt 0.61g

### TIP

For a really creamy texture, use double cream instead. Single cream splits a little, but the flavour is still good and it's lower in fat.





Substantial veggie supper  
£1.19 per serving







**MONEY WISE** Pick your favourite toppings  
£1.28 per serving

### Build-your-own bruschettas

SERVES 4 • PREP 15 mins  
NO COOK **Easy** **V**

**FOR THE ARTICHOKE TOPPING**  
400g can artichoke hearts in water,  
drained

zest ½ lemon and squeeze juice  
small handful basil or mint,  
roughly chopped

1 garlic clove, chopped  
drizzle olive oil

**FOR THE WALNUT TOPPING**

50g/2oz walnut halves, toasted  
140g/5oz ricotta

1 tbsp grated Parmesan or veggie  
alternative

squeeze lemon juice

**TO SERVE**

100g/4oz green olives

100g/4oz semi-dried tomatoes

2 handfuls rocket

rustic loaf (400g), cut into chunky slices

**MAKE IT NON-VEGGIE** 2 slices Parma ham  
per portion

For each topping, use a mini chopper or hand blender to pulse each set of ingredients for 1 min to make a rough paste, then season and scrape into two serving bowls. Arrange on a platter with the olives, tomatoes and rocket. Toast the bread slices and pile these alongside, plus some Parma ham if using. Bring to the table and let everyone dig in and assemble their own supper.

**V** PER SERVING 483 kcals, protein 15g, carbs 61g,  
fat 22g, sat fat 5g, fibre 8g, sugar 7g, salt 3g

### TIP

Wipe the chopper with kitchen roll between each topping, but don't worry about washing it. If you have any leftover toppings, they work really well stirred through pasta.



New way with risotto  
£2.12 per serving

### Fennel & lemon risotto

SERVES 2 Easily doubled

PREP 15 mins • COOK 20 mins **Easy** **V**

1 large fennel bulb, base trimmed

1 tbsp butter, plus a knob

1 onion, finely chopped

1 garlic clove, finely chopped

140g/5oz risotto rice

175ml/6fl oz white wine

550ml/19fl oz hot vegetable stock

zest 1 lemon

25g/1oz Parmesan, grated

**MAKE IT NON-VEGGIE** small handful  
cooked, peeled prawns per portion

**1** Heat oven to 220C/200C fan/gas 7.

Chop any green leafy fennel fronds and set aside. Cut off the stalk-like fennel top, remove the outer layers and finely chop both. Heat 1 tbsp butter in a frying pan and cook the onion, garlic and chopped fennel until soft but not coloured.

**2** Add the rice and stir for 1 min. Pour over most of the wine and simmer until evaporated. Add 500ml of the hot stock, a ladleful at a time, stirring between each addition until it is absorbed.

**3** Meanwhile, slice remaining fennel and fry in knob of butter until browned. Add remaining stock and wine and cook until tender.

**4** When the rice is cooked, stir in the zest, Parmesan and some seasoning. Take off the heat and set aside, covered, for 2 mins. Serve in bowls, topped with the fennel fronds and cooked fennel, stirring the prawns through if using.

**V** PER SERVING 477 kcals, protein 13g, carbs 69g,  
fat 16g, sat fat 9g, fibre 9g, sugar 12g, salt 1.12g



**Creamy veggie korma**

SERVES 4 • PREP 15 mins • COOK 30 mins

**Easy** **TV** **Superhealthy** high in fibre,  
good source of iron

1 tbsp vegetable oil  
 1 onion, finely chopped  
 3 cardamom pods, bashed  
 2 tsp each ground cumin and coriander  
 ½ tsp ground turmeric  
 1 green chilli, finely chopped  
 1 garlic clove, crushed  
 thumb-size piece ginger, finely chopped  
 800g/1lb 12oz mixed vegetables, such  
 as carrots, cauliflower, potato and  
 courgette, chopped

500ml/18fl oz hot vegetable stock

200g/7oz frozen peas

200ml/7fl oz yogurt

2 tbsp ground almonds (optional)

**MAKE IT NON-VEGGIE** ½ small raw

chicken breast per portion

**TO SERVE**toasted flaked almonds, chopped  
coriander, basmati rice or naan bread

**1** Heat the oil in a large pan. Cook onion with the dry spices over a low heat for 5-6 mins until the onion is light golden. Add the chilli, garlic and ginger and cook for 1 min, then throw in the mixed vegetables and cook for a further 5 mins.

**2** Divide the mixture appropriately between two pans if serving vegetarians and meat eaters. Chop the chicken into small chunks and stir into one pan. Add the stock, dividing between the pans appropriately, and simmer for 10 mins. Divide the peas, if necessary, and add, cooking for 3 mins more until the veg are tender and the chicken is cooked through. **3** Remove from the heat and stir through the yogurt and ground almonds, if using. Serve sprinkled with the toasted almonds and coriander, with basmati rice or naan bread on the side.

**TV** PER SERVING 257 kcals, protein 10g, carbs 31g, fat 11g, sat fat 5g, fibre 7g, sugar 16g, salt 0.42g

Curry your way  
85p per serving



# Simple sides

Quick and healthy – just what you're looking for at this time of year



## Wild rice salad

SERVES 4-6 • PREP 5 mins  
COOK 5 mins **Easy** **V** **Superhealthy**  
Counts as one of 5-a-day, low fat

### 250g pouch microwavable wild rice

1 red onion, thinly sliced  
small handful of sultanas  
3 carrots, grated  
zest and juice 1 lemon  
1 tbsp honey

**1** Heat rice according to pack instructions. Put onion and sultanas in a bowl and pour on boiling water to cover. Leave to stand 1 min, then drain and stir in rice and carrot.  
**2** Mix in the lemon zest and juice, honey and seasoning, then serve.

*Good with North African chicken tagine, p64*

PER SERVING 130 kcals, protein 4g, carbs 30g, fat 1g, sat fat none, fibre 4g, sugar 16g, salt 0.38g

## Creamy butter beans with crispy crumbs

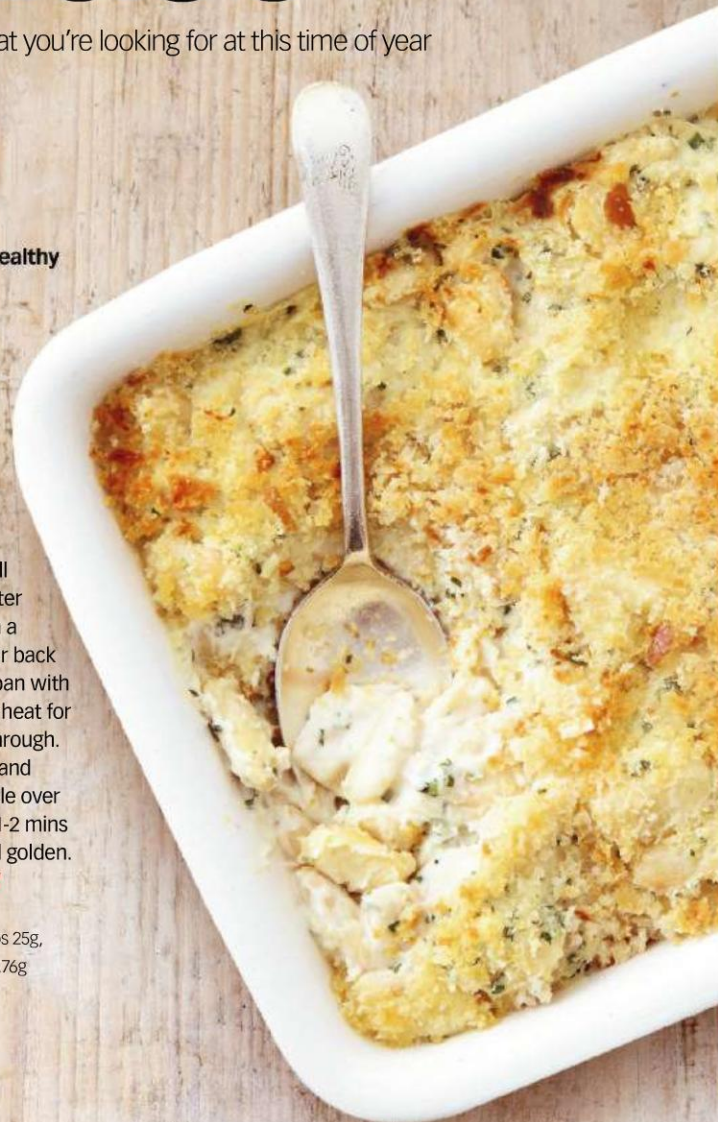
SERVES 4 • PREP 5 mins  
COOK 10 mins **Easy** **V** **Superhealthy**  
Counts as 1 of 5-a-day, low fat

2 x 400g cans butter beans, drained and rinsed  
100g/4oz light soft cheese with garlic and herbs  
2 tbsp snipped chives  
4 tbsp breadcrumbs  
1 tsp sunflower oil

**1** Heat the butter beans in a small pan for 3-4 mins. Remove a quarter of them to a bowl and mash with a fork until smooth and creamy. Stir back into the rest of the beans in the pan with the soft cheese and chives, then heat for a few mins more until warmed through.  
**2** Transfer to a small baking dish and sprinkle with breadcrumbs. Drizzle over oil and flash under a hot grill for 1-2 mins until the crumbs are crunchy and golden.

*Serve alongside Crisp cider-braised pork belly, p114*

PER SERVING 185 kcals, protein 10g, carbs 25g, fat 6g, sat fat 3g, fibre 6g, sugar 3g, salt 1.76g



## Sesame & ginger green beans

SERVES 4 • PREP 5 mins  
COOK 10 mins **Easy** **V** **Good for you**

200g/7oz green beans  
1 tbsp sesame oil  
small chunk ginger, very finely chopped  
1 garlic clove, crushed  
1 tsp sesame seeds

Cook the beans in a pan of boiling water for 3 mins until tender. Drain. Heat the sesame oil, then cook ginger and garlic for 1 min until fragrant. Stir in the beans, season and sprinkle with sesame seeds. Cook for 30 secs until hot through.

*Great with Roast duck crown, p82*

PER SERVING 45 kcals, protein 1g, carbs 2g, fat 4g, sat fat 1g, fibre 1g, sugar 1g, salt none





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HAPPENS  
IN YOUR  
KITCHEN?



# Junior cook

**NEW  
SERIES**

We've been so impressed by the letters and photos we receive from younger readers that we've started this new series – a collection of the best recipes we've been sent



## Carla's Leek & cheese muffins

MAKES 9 • PREP 10 mins •  
COOK 30 mins **Easy**

175g/6oz plain flour  
1 tsp baking powder  
¼ tsp bicarbonate of soda  
½ tsp allspice  
50ml/2fl oz milk  
1 egg, beaten with a fork  
100ml/3½fl oz vegetable oil  
1 leek, finely chopped  
75g/2½oz Cheddar, finely grated

**1** Heat the oven to 180C/160C fan/gas 4 and line a muffin tin with 9 cases. Mix all the dry ingredients until combined, then gently stir in the milk, egg and oil.  
**2** Gently fold in the leek and Cheddar. Spoon the mixture evenly into the muffin cases and place in the oven. Bake for about 25 mins, then check – they may need a little longer. These taste great served with either spinach soup or with a dab of butter.

PER SERVING 209 kcals, protein 5g, carbs 16g, fat 14g, sat fat 3g, fibre 1g, sugar 1g, salt 0.40g

## SEND YOUR RECIPES

Email them to [goodfood@bbc.com](mailto:goodfood@bbc.com), along with a photo of yourself. Tell us your full name and phone number (we'll only publish your first name and photo), plus why you like to cook the recipe.

*I love making up my own recipes. When I came up with this one, it was because I wanted to cook something with seasonal vegetables that was easy and filling. I like to eat these with soup, or they also make a great snack*

CARLA, AGE 14,  
FROM DERBYSHIRE



• Look out for Veggie Mates a new series about growing things for children on Cbeebies this year.  
• For more recipes for children, go to [bbcgoodfood.com](http://bbcgoodfood.com) and [bbc.co.uk/cbeebies/icancook](http://bbc.co.uk/cbeebies/icancook)



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# 5 speedy pasta suppers

Five new delicious ideas for pasta – and all ready in just 15 minutes!

Photograph WILL HEAP

## Pasta with creamy greens & lemon

SERVES 4 • PREP 2 mins •

COOK 10-12 mins **Easy**

Cook **350g pasta** in a very large pan following the pack instructions, adding **140g broccoli florets**, **100g frozen soya beans**, **100g frozen peas** and **100g mange tout** for the final 3 mins of cooking time. Drain, saving a ladleful of the cooking water first, then tip everything back into the pan. Stir in **150g mascarpone** or **soft cheese**, **zest and juice 1 lemon**, **85g grated Parmesan**, **a handful basil leaves**, some seasoning and a splash of cooking water.

PER SERVING 635 kcals, protein 26g, carbs 75g, fat 28g, sat fat 16g, fibre 7g, sugar 6g, salt 0.54g

## Ham, pesto & pine nut linguine

SERVES 2 • PREP 2 mins • COOK 12 mins

**Easy**

Cook **150g linguine** following the pack instructions. Meanwhile, soften **1 bunch chopped spring onions** in a small pan with a splash of water. Stir in **4 tbsp pesto**, **100g diced ham** and **6 tbsp half-fat crème fraîche** to heat just through – don't bubble. Drain the pasta, toss with the sauce and scatter with **2 tbsp toasted pine nuts**.

PER SERVING 554 kcals, protein 28g, carbs 60g, fat 24g, sat fat 8g, fibre 3g, sugar 6g, salt 1.21g

## Chopped herb & chorizo pasta

SERVES 2 • PREP 5 mins • COOK 10 mins

**Easy**

Cook **200g pasta shapes** following the pack instructions. Meanwhile, fry **100g diced chorizo** in **1 tsp olive oil** in a frying pan until crisp. Stir in **1 crushed garlic clove** for 1 min, then turn off the heat and stir in a **small bunch snipped chives**, **½ a small bunch chopped flat-leaf parsley**, a splash of pasta cooking water plus the drained pasta, **50g grated Parmesan** and **6 roughly chopped semi-dried tomatoes**. Toss together and season.

PER SERVING 673 kcals, protein 33g, carbs 83g, fat 25g, sat fat 11g, fibre 5g, sugar 7g, salt 2.74g

## Rigatoni with tomato & rosemary sauce

SERVES 4 • PREP 1 min • COOK 14 mins

**Easy**

Finely chop leaves from **4 rosemary sprigs**, then fry in **olive oil** for 1 min. Stir in **2 x 400g cans chopped tomatoes** and a **pinch chilli flakes** and simmer hard for 12 mins. Meanwhile, cook **400g rigatoni (or penne)** following pack instructions. Stir **100ml double cream** into sauce with seasoning and **1 tsp sugar** and mix with drained pasta.

PER SERVING 516 kcals, protein 15g, carbs 82g, fat 17g, sat fat 8g, fibre 5g, sugar 8g, salt 0.30g

## Mackerel & leek pasta

SERVES 2 • PREP 2 mins • COOK 12 mins

**Easy**

Cook **200g pasta shapes**, such as farfalle, following the pack instructions. Fry **1 thinly sliced leek** in **1 tbsp olive oil** for 5-10 mins until soft, then stir in **250ml hot vegetable stock** and **2 tbsp grainy mustard**. Bring to a simmer while flaking in **140g smoked mackerel**, then stir through the drained pasta.

PER SERVING 498 kcals, protein 28g, carbs 80g, fat 10g, sat fat 1g, fibre 6g, sugar 5g, salt 0.23g

Pasta with creamy greens & lemon







£1,000 or £ equivalent. Daily draw 20.10.10-25.10.11. Drawing date for first cash prize draw 31.03.11. Draw 15s only, resident in UK and ROI. Promotional packs subject to availability. APN made for NI residents. How to enter and full terms & conditions see www.mullerlight.co.uk or A 6. Registered Irish users of the Müller Group.



**NEW!**  
12 pages  
of practical  
advice &  
recipes

# Healthy

From what you buy to the way you cook it, the right food choices can make all the difference to how you feel. In this new section, our experts show that simple changes can mean healthier meals – with no compromise on flavour



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Delicious dairy-free cake



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Cookery courses on test



Kerry Torrens is a registered Nutritional Therapist who runs her own practice and has a special interest in family nutrition. Find out more about Kerry on p3

## Perk up your porridge

Hot porridge is the perfect breakfast choice for a wintry morning – and the slow-releasing energy of the oats will keep you feeling fuller for longer. To give it an even healthier boost, make it in the microwave. Not only will you save time, it also conserves heat-sensitive vitamins such as thiamin (B1), which helps to convert food into energy.

## Dark and handsome

Score a double hit with your Valentine this year by giving a gift of dark chocolate. Choose one that has a minimum of 70% cocoa solids, as it contains mood-boosting nutrients and is also a rich source of flavonoids, which improve blood flow and pressure. So it's good for the heart in more ways than one!

## HOW MUCH IS A PORTION?

The question I get asked again and again is: 'What's a portion?' If you're not sure, follow my guidelines below. Some people like to imagine their own hands, while others prefer to think of an object, so pick which suits you.

FOOD TYPE	ONE PORTION EQUALS...
Rice or pasta	The size of your clenched fist or a tennis ball
Meat, poultry or fish	The palm of your hand or a deck of cards
Nuts and seeds	Cupped palm of your hand or a golf ball
Veg or salad	Your cupped hand or a computer mouse
Cheese	Two forefingers or a small matchbox
Butter	The tip of your thumb or a dice



## Quick tip

A healthy meal should be made up of half vegetables, a quarter protein and a quarter of starchy foods, such as rice or pasta.

## Seasonal swap



Blueberries



Vs



Red cabbage



Break out of your fruit and veg rut and make more of seasonal produce. Red cabbage gives you the same immune-boosting antioxidants as blueberries, is cheaper at this time of year and is packed with valuable anti-cancer compounds.

Enjoy it braised and served with game, ham or fish, or slice it finely and use it to add a bit of colour and healthy crunch to winter coleslaw.

Turn the page for recipes ▶



# Eat well all week

**5**  
FEELGOOD  
RECIPES



Health food writer **Lyndon Gee**'s recipes  
are just what you're looking for – simple,  
satisfying midweek meals  
Photographs AMANDA HEYWOOD



Try tofu this month



Healthier than a curry,  
but just as satisfying

## Sesame & honey tofu with rice noodles

SERVES 4 • PREP 15 mins •

COOK 30 mins **Easy** **Superhealthy**

High in fibre, good source of iron, calcium and vit C, counts as 2 of 5-a-day, low fat

2 tbsp toasted sesame oil

396g pack firm tofu, cut into sticks

1cm x 3cm, and patted dry

150g/5½oz dried brown rice noodles

1 tbsp tamari (gluten-free soy sauce)

2 tsp Chinese five-spice

1 tbsp clear honey

1 red pepper, thinly sliced

1 bunch spring onions, cut into fingers

2 heads pak choi (about 200g/7oz),  
washed and leaves separated

**1** Heat half the oil in a frying pan over a medium heat. When hot, add the tofu and cook for 5 mins on one side. Turn, then fry for another 3 mins. Continue cooking for 10 mins more, turning regularly – make sure you scrape up any bits that are stuck. Don't worry if it falls apart a little, these pieces become crispy. Remove to a plate and keep warm.

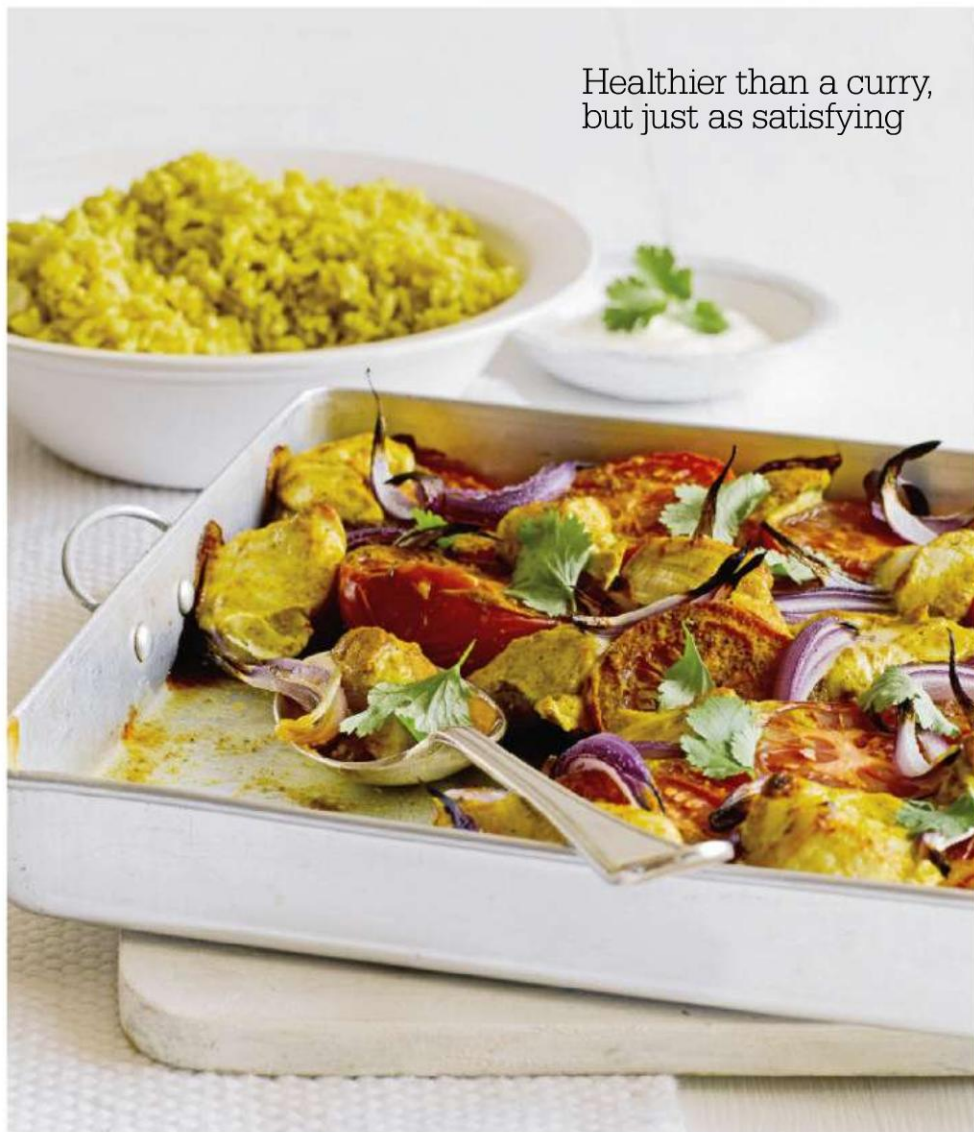
**2** Meanwhile, cook the noodles following pack instructions. Drain and set aside. Make the dressing by mixing ½ tbsp oil, tamari, five-spice and honey.

**3** Heat the remaining ½ tbsp sesame oil in the frying pan and cook the pepper for 1 min, then add the onions and pak choi. Toss together for 3 mins, until just wilted. Add the noodles and half the dressing and mix well. Heat through and divide between 4 bowls. Top with the tofu and drizzle remaining dressing over.

PER SERVING 297 kcals, protein 12g, carbs 40g, fat 11g, sat fat 2g, fibre 3g, sugar 9g, salt 1.22g

### HEALTHY BENEFITS

High in protein and low in saturated fat, tofu is an excellent source of immune-boosting selenium – this, along with the vitamin E in sesame oil, helps to protect against cancer. Sesame oil is rich in healthy unsaturated fats and also a useful non-dairy source of calcium.



## Baked chicken masala with almond pilaf

SERVES 4 • PREP 15 mins •

COOK 35 mins **Easy** Pilaf can be frozen

**Superhealthy** High in fibre, good source of iron and vit C, counts as 2 of 5-a-day, low fat

250g/9oz brown basmati rice

2 heaped tsp turmeric

5 tsp medium curry powder

2 tbsp flaked almonds

6 tbsp low-fat natural yogurt

2 large skinless chicken breasts (about  
500g/1lb 2oz), cut into chunks

8 medium tomatoes, halved

2 large red onions, thinly sliced

½ small bunch coriander, leaves picked

**1** Heat oven to 220C/200C fan/gas 7. Put the rice in a saucepan with 600ml water, 1 heaped tsp turmeric, 1 tsp curry powder and some salt. Bring to the boil, stir, cover, turn heat to low and cook for 30 mins, or

until tender. Try not to take the lid off during cooking. Remove from heat and leave covered for 5 mins. Add the almonds, and fluff with a fork.

**2** Meanwhile, mix 2 tsp curry powder, the remaining turmeric, 2 tbsp yogurt and seasoning. Add chicken and toss to coat.

**3** Toss the tomatoes and onions in a roasting tray with the rest of the curry powder, then nestle in the chicken pieces. Bake for 15-20 mins until the chicken is cooked through and the veg are soft. Scatter over the coriander and serve with the rice and remaining yogurt.

PER SERVING 459 kcals, protein 41g, carbs 61g, fat 7g, sat fat 1g, fibre 6g, sugar 11g, salt 0.42g

### TASTE TEAM COMMENT

'I enjoyed making the almond rice pilaf and loved the taste, as well as the chicken. Great for a weekend evening meal.' LUCIA







Substantial veggie supper

### Bean enchiladas

SERVES 4 • PREP 10 mins •

COOK 30 mins **Easy** **Superhealthy**

High in fibre, good source of iron, calcium and vit C, counts as 4 of 5-a-day

- 1 tsp olive oil
- 2 onions, chopped
- 280g/10oz carrot, grated
- 2-3 tsp chilli powder (mild or hot, according to your taste)
- 2 x 400g cans chopped tomatoes
- 2 x 400g cans pulses in water, drained (we used mixed beans and lentils)
- 6 small wholemeal tortillas
- 200g/7oz low-fat natural yogurt
- 50g/2oz extra-mature cheddar cheese (or veg alternative), finely grated

**1** Heat the oil in a large frying pan. Cook the onions and carrots for 5-8 mins until soft – add a splash of water if they start to stick. Sprinkle in the chilli powder and cook for 1 min more. Pour in the tomatoes and pulses and bring to the boil. Turn down the heat and simmer for 5-10 mins, stirring occasionally, until

thickened. Remove from the heat and season well.

**2** Heat grill to high. Spread a spoonful of the bean chilli over a large ovenproof dish. Lay each tortilla onto a board, fill with a few tbsp of chilli mixture, fold over the ends and roll up to seal. Place them into the ovenproof dish. Spoon the remaining chilli on top.

**3** Mix the yogurt and grated cheese together with some seasoning, and spoon over the enchiladas. Grill for a few mins until the top is golden and bubbling. Serve with a green salad.

PER SERVING 430 kcals, protein 23g, carbs 60g, fat 13g, sat fat 4g, fibre 15g, sugar 17g, salt 1.36g

### GoodFood READER OFFER

This cast-iron roaster from La Cuisine is ideal for cooking anything from pies to veggies.

Just £39 including p&p (rrp £59), buy at [jem-bbcgoodfood.co.uk](http://jem-bbcgoodfood.co.uk) or 01483 204455, quoting GF084. UK mainland only



Fresh, healthy twist

### Mustard glazed pork with apple Caesar salad

SERVES 4 • PREP 10 mins •

COOK 15 mins **Easy** **Superhealthy**

Counts as 1 of 5-a-day

4 lean pork escalopes or loin steaks, trimmed of any fat

1 tbsp Dijon mustard

1 tbsp extra virgin olive oil  
juice ¼ lemon

1 tsp Worcestershire sauce

3 tbsp low-fat natural yogurt

50g/2oz Parmesan cheese, finely grated

2 apples, unpeeled, cored and thinly sliced

2 baby romaine lettuce (about 300g/11oz), leaves separated and large ones roughly torn

**1** Brush the pork with 2 tsp of the mustard and set aside. In a large bowl, mix all the remaining ingredients, except the lettuce, with some seasoning. Top with the leaves but don't mix together yet.

**2** Griddle or grill the pork for 3-4 mins on each side, until cooked through and golden, then allow to rest for 1 min. Slice the pork then toss with the salad and dressing, combining everything well.

PER SERVING 283 kcals, protein 34g, carbs 10g, fat 12g, sat fat 4g, fibre 2g, sugar 10g, salt 0.79g

### TASTE TEAM COMMENT

'I really liked the sound of this recipe, and I loved the flavour of the sliced pork, as well as the creamy coating on the salad. I also thought the apple worked really well with all the other ingredients.' LUCIA



**Basque-style salmon stew**

SERVES 4 • PREP 10 mins

COOK 25 mins **Easy** **Superhealthy**

Heart healthy, good source of omega-3 and vit C, counts as 3 of 5-a-day

- 1 tbsp olive oil
- 3 mixed peppers, deseeded and sliced
- 1 large onion, thinly sliced
- 400g/14oz baby potatoes, unpeeled and halved
- 2 tsp smoked paprika
- 2 garlic cloves, sliced
- 2 tsp dried thyme
- 400g can chopped tomatoes
- 4 salmon fillets
- 1 tbsp chopped parsley, to serve (optional)

**1** Heat the oil in a large pan and add the peppers, onion and potatoes. Cook, stirring regularly for 5-8 mins until golden. Then add the paprika, garlic, thyme and tomatoes. Bring to the boil, stir and cover, then turn down heat and simmer for 12 mins. Add a splash of water if the sauce becomes too thick.

**2** Season the stew and lay the salmon on top, skin side down. Place the lid back on and simmer for another 8 mins until the salmon is cooked through. Scatter with parsley, if you like, and serve.

PER SERVING 414 kcals, protein 33g, carbs 29g, fat 19g, sat fat 4g, fibre 5g, sugar 11g, salt 0.33g



A simple salmon dish full of flavour



# Feelgood food to eat now

NEW  
IDEAS  
FOR  
2011



Stock your storecupboard with these versatile ingredients for a great start to the New Year, advises our health expert **Natalie Savona**





**SARDINES****Why are they good for me?**

Oily fish are hailed for their unrivalled omega-3 fat content – good for the heart, blood vessels, blood pressure, brain, joints and more.

Tinned sardines are convenient and great value, too, and because the bones are edible, there is plenty of calcium in them. A 100g serving will give you 380mg of calcium, over half an adult's daily needs. They also provide vitamin D – 100g of canned sardines gives you at least the recommended daily dose of 200IU. Vitamin D deficiencies are increasingly linked to cancer, cardiovascular problems, auto-immune diseases, such as multiple sclerosis, and weak bones.

**Add to your diet** Try sardines on toast, or chop them roughly and add to pasta. Look out for a great sardine pasta supper in *Good Food* next month.

**PEARL BARLEY****Why is it good for me?**

This storecupboard staple usually shows up in soups or stews. But barley is a lot more than just a cheap filler. As a wholegrain, pearl barley retains a substantial amount of fibre, providing 3.8g per 100g of cooked grain. Like oats, barley contains the soluble fibre, beta-glucan, useful for lowering cholesterol and delivering a slow release of energy. A 100g portion of cooked barley will also provide about an eighth of your daily dose of vitamin B3 (niacin), essential for energy and a healthy nervous system.

**Add to your diet** In addition to traditional soups or hotpots, use as an alternative to risotto. 'No need to soak' mixes can be added straight to your cooking and are ready in 10 minutes. Use instead of rice in our Wild rice salad on p36 – just cook 100g following pack instructions.

**SOYA BEANS****Why are they good for me?**

Soya has shed its worthy health food reputation from its incarnation as tofu or soya milk, with the beans – also known as edamame beans – now easy to buy. They are a great source of protein and essential amino acids, so are particularly good for vegetarians and vegans. They're also great value, with bags of frozen beans available at less than £2 for 500g.

Some studies suggest that menopausal women should eat soya to help balance their hormones. But for this reason, there are concerns that children should not eat soya in large amounts. Ideally, buy organic to avoid genetically modified soya.

**Add to your diet** Use soya beans instead of broad beans or peas in recipes, or add to soups, stews and risotto. They also make a great side vegetable tossed with mint. See [bbcgoodfood.com](http://bbcgoodfood.com) for more ideas.

**BRAZIL NUTS****Why are they good for me?**

Full-of-flavour Brazil nuts are highly nutritious. They are a source of an essential mineral – selenium, which, among other things, is needed for an enzyme called glutathione peroxidase, one of the body's own built-in antioxidants. It also helps the immune system and thyroid to work more effectively – and just one Brazil nut provides your daily requirements. They are also high in healthy fatty acids – about a third polyunsaturated (mainly omega-6), and another third monounsaturated.

**Add to your diet** Enjoy Brazils as a snack, in salads, or chopped up in crumble toppings. They make a great substitute for pine nuts in pesto – blitz with herbs, garlic, olive oil, Parmesan and lemon juice and toss through cooked pasta. You can use them instead of almonds in James Martin's Chocolate & almond puds on p70.

**RAPESEED OIL****Why is it good for me?**

Yellow fields of rapeseed have traditionally been grown for animal feed. However, some growers are now producing cold-pressed oils for us to enjoy. Once unpalatable, it has now been bred to eradicate any bitterness.

Rapeseed oil is over 60% monounsaturated fat, the type that olive oil is famous for – with all the associated benefits of the 'Mediterranean diet', which is so good for the heart. Yet it contains only half the saturated fat of olive oil. A tablespoon of this golden goodness will also give you over half your daily need of antioxidant vitamin E.

**Add to your diet** Use as an alternative to olive oil in cooking, for roasting and for frying. The monounsaturated content also means rapeseed oil retains its benefits even when heated to frying point.

**HONEY****Why is it good for me?**

Honey, a natural form of sugar, adds extra flavour to your cooking. It has been used for centuries as a wound healer for its antibacterial and antiseptic properties – the traditional honey and lemon hot drink is still a good way to soothe a sore throat.

Honey is 97% sugar, though, so use judiciously as it can contribute to tooth decay and weight gain. To get the best from its healthy properties, use honey gathered by bee keepers who do not heat, process or blend it. Manuka honey from New Zealand has very powerful properties – but is far too expensive to cook with!

**Add to your diet** Honey adds a rich sweetness to savoury dishes as well as desserts and it is often used in Middle Eastern cooking. Turn to p104 for our Slow-roast lamb dish that uses honey.

**QUINOA****Why is it good for me?**

A real protein-powerhouse (providing twice as much as brown rice), this versatile grain is a great choice for everyday meals as it is quick and simple to cook. As it's so high in protein, it's particularly valuable for vegetarians or vegans. It also contains no gluten, so it's a useful alternative for anyone unable to tolerate the gluten content of wheat or oats.

Quinoa (pronounced 'keenwa') is high in fibre, with one portion giving you the equivalent of a portion of prunes. It also packs a real punch when satisfying healthy appetites as it has a good satiety factor – meaning it keeps you feeling fuller for longer.


**Add to your diet** With its mild, nutty flavour, quinoa can be used in place of couscous or rice – it takes just 10 minutes to cook. For a substantial salad, add chopped herbs, leaves and a favourite dressing.

**POMEGRANATES****Why are they good for me?**

With a very high antioxidant content that includes polyphenols, tannins and anthocyanins – which are higher than green tea or red wine – pomegranates have powerful abilities. The fruits appear to protect against high blood pressure, plaque deposits, hardening in the arteries and some cancers, such as prostate.

**Add to your diet** Try sprinkling pomegranate seeds on your yogurt or muesli for a healthy breakfast. You can also use it in salads, in couscous or as a garnish in Middle Eastern dishes. See our delicious Herb salad with pomegranate & pistachios on p104.





I dream of  
being in a  
Spaghetti western.

No prizes for guessing whose dream will come true. And, to be quite honest, the spaghetti would hardly object to being wrapped around a succulent mushroom. No sir-ee!

Because the mushroom is a proper star. With 80g counting as one of your 5-a-day and a source of B vitamins and minerals, there's more to mushrooms. And what impeccable taste...you name it, mushrooms go with it - mince, chicken, eggs, greens, the lot, oozing flavour, enriching and enhancing.

So try a mushroom bolognese with your spaghetti for a change. With a little more mushroom and a little less mince.

The spaghetti will just have to wake up and smell the mushrooms.

I dream  
of being in  
a spaghetti  
bolognese.



Mushrooms  
make  
Sense



To make the perfect mushroom bolognese  
visit [mushroomsmakesense.com](http://mushroomsmakesense.com)



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# Deliciously dairy-free

This easy recipe makes a gorgeous centrepiece, and no one will realise that it doesn't contain any dairy

## CAN'T EAT DAIRY?

If someone can't eat dairy products it's because their body can't cope with lactose, the sugar found naturally in milk and milk products. Sufferers have low levels of the enzyme lactase, which is needed to break down the sugar for the body to absorb it.

All dairy foods include lactose, but some have lower levels for better tolerance. These include live yogurt, some hard cheeses, goat's and sheep's milk. You may also still be able to enjoy dairy if you take a supplement: consult a qualified nutritional therapist or dietician for guidance.

If you're cooking for someone who is lactose-intolerant check ingredient labels. It's often found in processed foods including bread, ready meals, breakfast cereals and some margarines – which is why we've used rice bran oil in our cake recipe. When you're shopping, check labels for milk powder, dry milk solids and whey; all of these will contain some kind of lactose.

## WHAT TO USE INSTEAD

Use non-dairy options, preferably fortified with calcium and vitamin D, like the soya milk in our cake recipe, or rice or oat milks.

## Blueberry & coconut cake

SERVES 12 • PREP 20 mins •

COOK 1-1¼ hrs **Easy** **V** **3+**

**250ml/9fl oz rice bran oil, plus extra for the tin**

**3 eggs**

**225g/8oz caster sugar**

**2 tsp vanilla extract**

**300g/11oz self-raising flour**

**50g/2oz desiccated coconut**

**175ml/6fl oz soya milk**

**140g/5oz fresh or frozen blueberries, plus extra to serve**

**icing sugar, to dust**

**1** Heat oven to 180C/160C fan/gas 4 and grease a 22cm Bundt or ring tin. Whisk the oil, eggs, sugar and vanilla in a large bowl. Combine the flour and coconut. Alternately, fold the flour mix and soya milk into the wet ingredients, starting and ending with the flour.

**2** Spoon a quarter into the tin. Fold the blueberries into the remaining batter, then spoon into the tin. Bake for 1-1¼ hrs, or until a skewer comes out clean. Cover the cake with foil if it browns too quickly.

**3** Cool in tin for 10 mins, then turn out onto a wire rack and cool completely. Fill centre of the cake with extra blueberries and dust with icing sugar to serve.

PER SERVING 387 kcals, protein 5g, carbs 47g, fat 24g, sat fat 7g, fibre 2g, sugar 22g, salt 0.3g

**TIP** If you're using frozen blueberries don't thaw before adding them to the batter, or they'll bleed colour into the cake.

**TIP** Rice bran oil has a mildly nutty flavour, but if you can't find any, another mild oil, such as rapeseed or sunflower, will work equally well.

Serve as a cake or a pudding





# The Ultimate MAKEOVER Chicken pie



**Angela Nilsen** reinvents a classic recipe to make chicken pie a healthy choice for you  
Photographs LIS PARSONS

It's hard to resist the temptation of a classic chicken pie with its creamy filling and crisp, buttery shortcrust or puff pastry topping. I aim to recreate these rich, comforting qualities – but in a much healthier way.

Tackling the pastry first, I wanted a crunch but without the fat, so I asked nutritionist Fiona Hunter about using filo pastry. She was all in favour: 'Even if you brush fat between the layers, it will still be much less fatty than the alternatives,' she said. 'To be superhealthy, go for olive or rapeseed oil rather than butter.'

For the filling, chicken thighs provide the best flavour, but to reduce fat, Fiona suggested using skinless breasts instead. After some trial and error, I think this version of a chicken pie easily matches up to a classic version, and is far better for you.

## How I made it healthier

- Reduced the fat by using skinless chicken breasts rather than thighs.
- Boosted the flavour by poaching the chicken in stock and a little wine, with some garlic and herbs.
- Packed in as much veg as possible.
- Made the roux sauce by blending cornflour into the flavoured stock to thicken it. For a rich creaminess replace the double cream with some crème fraîche.
- Added herbs and garlic instead of salt.
- Replaced the traditional puff pastry topping with filo pastry to cut the fat by well over half.
- This is the result...

	Classic pie	Healthier pie
kcal	794	320
fat	51.3g	10.4g
sat fat	29.3g	3.6g
salt	2.15g	1.37g

## The verdict

The tasters were impressed, as was *Good Food* nutritionist Wendy Doyle, who declared it Superhealthy.



## The Ultimate Chicken pie

SERVES 4 • PREP 30 mins •  
COOK 25 mins **Easy** **Superhealthy**  
Counts as 1 of 5-a-day, low fat

### FOR THE FILLING

- 450ml/16fl oz chicken stock, from a cube (I used Kallo, organic)
- 100ml/3½fl oz white wine
- 2 garlic cloves, finely chopped
- 3 thyme sprigs
- 1 tarragon sprig, plus 1 tbsp chopped tarragon leaves
- 225g/8oz carrots, cut into batons
- 4 skinless chicken breasts, 500g/1lb 2oz total weight
- 225g/8oz leeks, sliced
- 2 tbsp cornflour, mixed with 2 tbsp water
- 3 tbsp crème fraîche
- 1 heaped tsp Dijon mustard
- 1 heaped tbsp chopped flat-leaf or curly parsley

### FOR THE TOPPING

- 70g filo pastry (I used three 39 x 30cm sheets)
- 1 tbsp rapeseed oil

**1** Pour the stock and wine into a large, wide frying pan. Add the garlic, thyme, tarragon sprig and carrots, bring to the boil then lower the heat and simmer for 3 mins. Lay the chicken in the stock, grind over some pepper, cover and simmer for 5 mins. Scatter the leek slices over the

chicken, cover again then gently simmer for 10 more mins, so the leeks can steam while the chicken cooks. Remove from the heat and let the chicken sit in the stock for about 15 mins, so it keeps moist while cooling slightly.

**2** Strain the stock into a jug – you should have 500ml (if not, make up with water). Tip the chicken and veg into a 1.5 litre pie dish and discard the herb sprigs. Pour the stock back into the sauté pan, then slowly pour in the cornflour mix. Return the pan to the heat and bring to the boil, stirring constantly, until thickened. Remove from the heat and stir in the crème fraîche, mustard, chopped tarragon and parsley. Season with pepper. Heat oven to 200C/180C fan/gas 6.

**3** Tear or cut the chicken into chunky shreds. Pour the sauce over the chicken mixture, then stir everything together.

**4** Cut each sheet of filo into 4 squares or rectangles. Layer them on top of the filling, brushing each sheet with some of the oil as you go. Lightly scrunch up the filo so it doesn't lie completely flat and tuck the edges into the sides of the dish, or lay them on the edges if the dish has a rim. Grind over a little pepper, place the dish on a baking sheet, then bake for 20-25 mins until the pastry is golden and the sauce is bubbling. Serve immediately.

PER SERVING 320 kcal, protein 34g, carbs 22g, fat 10g, sat fat 4g, fibre 3g, sugar 7g, salt 1.37g

## WHAT IF I USED...

- **Bought all-butter puff pastry**  
The fat would increase to 24g (14g sat fat) per portion.
- **Bought shortcrust pastry**  
The fat would increase to 27g (11g sat fat) per portion.
- **Skinless chicken thighs**  
The fat would increase to 13g (5g sat fat) per portion.

## OTHER WAYS TO USE...

- **The filling** Serve minus the pastry lid with boiled rice instead, or toss with cooked pasta for a family-friendly supper.
- **The filo pastry topping** Use to cover a fish pie, apple or other fruit pie in place of puff or shortcrust pastry.





Low-fat, but  
you'd never guess



# Cookery courses on test



**Clare Hargreaves** tries three courses that offer practical advice and recipes for improving your diet

**GIVE  
YOURSELF  
A FRESH  
START**



## MICHELIN EXPERIENCE

Le Manoir Aux Quat'Saisons,  
Great Milton, Oxfordshire,  
01844 278881, [manoir.com](http://manoir.com)

The Nutrition course is held in a room right in the middle of Le Manoir's Michelin-starred kitchens, so you get a first-hand glimpse of the experts.

The course is taught by the affable Mark Peregrine, Raymond Blanc's first apprentice, and nutrition expert Natalia Traxel. Raymond usually pops in for quick chat, too.

**On the menu** Expect a class of around 12 and a brisk pace – we cooked a phenomenal 11 items, starting with breakfast dishes such as Poached eggs on tomato fondue. Then we moved on to lunch recipes such as Tian of crab (eye-catching but easy), and Pistou soup (recipe, right). We finished with a healthy Chocolate mousse, tea and homemade cake. You depart with recipes, a chef's jacket, a pud, a certificate – and feeling well fed.

**Cost** £335 for a day, 9am–4.30pm.

**Verdict** If this is nutritional food, I'm a convert. The dishes were delicious, often simple, and not a lentil in sight. Nutrition info is skilfully presented by Natalia while Mark demonstrates. Being Le Manoir, there are plenty of luxury touches, including fine wines at lunch, plus kitchen fairies to sort your washing up. Above all, it's fun.

**Handy nutrition tip** Eat tomatoes cooked rather than raw, as their health-promoting lycopene content is made more available by cooking.

• *Raymond's Kitchen Secrets*, starts on BBC Two in February.



## Pistou soup

**SERVES 8** • **PREP 30 mins** •  
**COOK 15 mins**

**Easy** Soup only **Superhealthy**

Counts as 2 of 5-a-day, high in fibre  
*The pesto and beans can be prepared a day in advance and kept covered in cling film in the fridge.*

**2 tbsp olive oil**

**1 onion, finely chopped**

**2 each medium carrots and celery sticks, peeled and finely chopped**

**1 small fennel bulb, trimmed and finely chopped**

**250g/9oz each turnip, celeriac and parsnip, peeled and finely chopped**

**140g/5oz frozen peas**

**140g/5oz tinned haricot beans or dried haricot beans soaked overnight**

**FOR THE PESTO**

**large bunch basil**

**1 clove garlic**

**100ml/3½fl oz extra virgin olive oil  
grated Parmesan and croûtons to serve**

**1** Heat the oil in a large pan and sweat the onion, carrots, celery, fennel, turnip, celeriac and parsnip for 5–10 mins. Pour over 1.6 litres of boiling water, season and simmer for 10–15 mins, until the vegetables are tender. At the last moment add the peas and the beans and cook for a further 1 min. Taste and

season with salt and pepper as necessary.

**2** Meanwhile, make the pesto sauce. Blanch the basil leaves in boiling water for 5 secs, then remove and cool under cold running water. Pat dry and purée all the ingredients in a liquidiser. Taste and season, then reserve. Keep in the fridge until required. When ready to serve, pour the soup into a large, warmed tureen, top with some of the pesto sauce and serve to your guests. Place Parmesan and croûtons on the table so guests may help themselves.

PER SERVING 201 kcals, protein 4g, carbs 13g, fat 15g, sat fat 2g, fibre 7g, sugar 7g, salt 0.15g





### ESCAPE TO THE COUNTRY

Trill Farm, Musbury, Devon,  
01297 631113, [trillfarm.co.uk](http://trillfarm.co.uk)

Live and breathe the life of a stunning 300-acre farm on the Dorset-Devon border, owned by Romy Fraser, who set up Neal's Yard Remedies. On this Living Nutrition course, you cook and eat in a converted dairy and sleep in the old stables. The course is taught by nutritionist-chef Daphne Lambert. **On the menu** Very hands-on. You pick ingredients from the farm's fields, hedgerows and woods, then head for the kitchen. Dishes are vegetarian and virtually dairy-free, with an emphasis on eating seasonal, raw food. We made an Avocado & spiced sprouting lentil salad, a Seville orange cake and this Beet tart (below). Max class size, 12.

**Cost** £275 for residential weekend, 4pm Fri-4pm Sun. There are four weekends over the year linked to the seasons. Do all four for £900.

**Verdict** Definitely the most overtly 'healthy' of the three courses, with its low dairy and high raw content. But you soon feel the benefits. Daphne's teaching is inspirational and her everyday recipes really hit the spot.

**Handy nutrition tip** Soak seeds first to make nutrients more digestible.

### Beet & caramelised onion tart

SERVES 6 • PREP 20 mins plus chilling • COOK 1hr **Easy** **V** **Gluten-free**

175g/6oz wholemeal flour  
100g/4oz porridge oats  
100g/4oz butter  
100g/4oz grated carrot  
3 large onions, sliced  
3 medium beetroot, peeled and grated  
3 medium eggs  
250ml/9fl oz milk (either cow's, goat's or oat milk)

**1** Heat oven to 180C/160C fan/gas 4. Pulse the flour, oats and butter in a food processor until crumb-like, add the grated carrot and continue to process until the mixture comes together to form a ball. Alternatively rub the butter into the dry ingredients, add the carrots and press together until a ball is formed. Carefully roll out the pastry and line a metal 25cm pizza dish or shallow tart case. Chill.  
**2** Gently cook the onions in oil for about 15-20 mins until beginning to caramelise. Place the beetroot in the pastry case and cover with the onions. Whisk the eggs and milk together, season and pour over the onions and beetroot. Bake in the oven, lowering to 160C/140C fan/gas 3 after 15 mins, for 40 mins or until firm and golden.

PER SERVING 395 kcals, protein 13g, carbs 45g, fat 19g, sat fat 10g, fibre 7g, sugar 13g, salt 0.44g



### Orange, oat & sultana cookies

MAKES 16 • PREP 30 mins • COOK 15-20 mins **Easy** **V** **Gluten-free**  
**Superhealthy**

100g/4oz butter at room temperature  
1 egg  
50g mashed ripe banana  
1 tsp vanilla extract  
100g/4oz light soft brown sugar  
1½ tsp grated orange zest  
100g/4oz wholemeal flour  
¼ tsp salt  
1 tsp baking powder  
100g/4oz rolled oats  
25g/1oz desiccated coconut  
50g/2oz chopped walnuts  
75g/3oz sultanas or dark chocolate chips

**1** Heat oven to 180C/160C fan/gas 4. Cream the butter and egg together until well blended and smooth. Gradually beat in the banana, vanilla extract and brown sugar. Add the zest. Mix well with a wooden spoon until thoroughly blended.  
**2** In a large bowl, mix the flour, salt, baking powder, oats, coconut, walnuts and sultanas or chocolate chips. Stir the dry ingredients into the wet and mix thoroughly until a thick dough is formed. Line a baking sheet with parchment. Drop heaped tbsps onto the sheet, leaving a 5cm (2in) space around each one, and press down lightly. Bake for 15-20 mins until lightly browned. Cool.

PER COOKIE 167 kcals, protein 3g, carbs 19g, fat 9g, sat fat 5g, fibre 2g, sugar 11g, salt 0.18g



### NUTRITIONAL WISDOM

Leiths School of Food and Wine, 16-20 Wendell Road, London, 020 8749 6400, [leiths.com](http://leiths.com)

During this Healthy Eating workshop, nutrition consultant Kate Cook provides advice, while Camilla Schneideman, the School's managing director, guides you through the cooking.

**On the menu** Kate detailed the principles of healthy eating while we ate home-baked cookies (right). We cooked three main courses: Poached chicken with quinoa; Black bean salad with lime, chilli & avocado and seared tuna; and Sea bass with cherry tomatoes & rosemary. We took home the food, the recipes and Kate's *Nutritional Survival Guide*.

**Cost** £125 for one day, 10.30am-2.30pm.

**Verdict** Kate's nutrition chat went into a lot of depth, and her vivacious style ensured that it was digestible and entertaining. Although we cooked fewer recipes than on the other courses, the ones we did were all tasty and not too difficult. Class size, at 16, felt large.

**Handy nutrition tip** Eat eggs. Apart from being great sources of protein, they contain lecithin, which actually lowers cholesterol.



# Brilliant deal on Global knives

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## This six-piece set contains:

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- 11cm utility knife
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## Santoku knife

The knife was originally designed like a chef's knife, but adapted for Japanese cuisine. 'Santoku' loosely translates as 'three uses', meaning slicing, dicing and mincing. The Santoku knife features a sheepsfoot blade designed to work in harmony with the unique handle.

**GLOBAL**  
CROMOVA 18 Stainless Steel

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\*Calls cost 4p per minute from a BT landline; cost from other networks may vary.

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<b>Total goods</b>				
<b>Postage and packing</b>				n/a
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# Great offers on kitchen classics



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Description	Colour	Price	P&p	Quantity	Total
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**LE CREUSET**



Volcanic



Cerise



Graded blue



Almond



Satin black



Granite

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# In season

- Cooking with ginger ● Sticky toffee pudding
- James Martin's Valentine treats
- Recipes from Jamie Oliver's Fifteen restaurant



# Cook with ginger



Add its warming and aromatic flavour to your winter cooking  
Recipes ANNIE RIGG Photographs PHILIP WEBB

Ginger has to be one of the most versatile spices in the kitchen, as it can be used in both sweet and savoury dishes. Given half the chance, I'd find a way to get ginger into almost all of my baking.

Opening a jar of ground ginger makes me think of warming cakes and bakes, fresh from the oven, but it comes in other guises, too: crystallised, fresh, ground, in syrup, pickled, in preserves and even in ginger wine.

Preserved or stem ginger is found as nuggets in jars, immersed in heavy syrup and crystallised as small cubes

covered in sugar. It adds a sophisticated touch to homely gingerbread or tasty gingersnaps.

When buying fresh ginger, look for firm, heavy pieces. If a recipe calls for ginger to be freshly grated, do this directly into the bowl you're using, so you don't lose any fiery ginger juice.

Ginger has many perfect partners. It's almost impossible to imagine Asian cuisine without it, and it plays a central role in baking – from gingerbread men, to sticky ginger cake and traditional Yorkshire parkin.

## HEALTHY BENEFITS

Gingerol, the active compound in ginger, gives this root its characteristic flavour and also has anti-bacterial, anti-cancer and anti-inflammatory properties. It's richest in the fresh root, with levels dropping during storage and drying.

However, dried ginger is twice as strong in disease-fighting antioxidants. Ginger is also safe and effective for alleviating nausea during pregnancy.



Beef stir-fry with ginger.  
Turn to p64 for recipe



**Lime & ginger drizzle cake**

SERVES 8 • PREP 15 mins •

COOK 45 mins

**Easy** Can be frozen un-iced

*A twist on the classic lemon drizzle cake, this version has little chunks of stem ginger lurking within the lime and coconut cake. The leftover stem ginger syrup is put to good use and combined with lime juice and sugar to create a sticky, crystallised topping.*

**200g/7oz unsalted butter, softened, plus extra for the tin**

**175g/6oz caster sugar**

**4 limes**

**3 large eggs, beaten**

**200g/7oz plain flour**

**3 tsp baking powder**

**1 rounded tsp ground ginger**

**50g/2oz desiccated coconut**

**3 balls stem ginger, finely chopped**

**2 tbsp milk**

**3 tbsp granulated sugar**

**3 tbsp stem ginger syrup**

**chopped crystallised ginger, to serve**

**1** Heat oven to 180C/160C/gas 4. Butter and line the base and ends of a 900g loaf tin with a strip of buttered baking parchment. Cream the butter and caster sugar together until really pale, light and fluffy. Grate the zest from 3 of the limes and add to the mixture. Gradually add the eggs, mixing well between each addition.

**2** Sift together the flour, baking powder, ground ginger and a pinch of salt. Using a large metal spoon, fold into the cake mixture with the coconut and chopped stem ginger. Add the milk and juice from 2 of the limes and mix until smooth. Spoon the mixture into the prepared tin and spread level using a palette knife.

**3** Bake in the bottom third of the oven for 45 mins, or until golden brown – a skewer inserted into the middle of the cake should come out clean. Cool the cake in the tin for 10-15 mins.

**4** Use a wooden skewer to make holes all over the top of the cake. Meanwhile, mix the remaining lime juice with the granulated sugar and the stem ginger syrup. Slowly spoon the sugary mixture over the top of the warm cake and leave in the tin until completely cold. Top with the chopped crystallised ginger to serve.

PER SERVING 487 kcals, protein 6g, carbs 58g, fat 27g, sat fat 17g, fibre 2g, sugar 38g, salt 0.74g

**TASTE TEAM COMMENT**

'The combined flavour of the limes and ginger in a light sponge works brilliantly. Not one dissenting voice from the family gathering!' GEOFF



Perfect with a cup of tea



## Crab cakes with sweet chilli & ginger dipping sauce

SERVES 4 • PREP 25 mins •

COOK 25 mins **Easy** 🌱 Crab cakes only

75g/2½oz French beans, finely sliced

200g/7oz fresh white crabmeat

1 red chilli, deseeded and finely chopped

1 garlic clove, crushed

4 spring onions, trimmed and finely chopped

1 tbsp freshly grated ginger

grated zest 1 lime

1 tbsp chopped coriander

75g/2½oz fresh white breadcrumbs

1 tbsp mayonnaise

1 egg, beaten

sunflower oil, for frying

**FOR THE DIPPING SAUCE**

5 garlic cloves, roughly chopped

2 red chillies, roughly chopped

6cm piece ginger, peeled

and roughly chopped

2 dried kaffir lime leaves

1 stalk lemongrass, trimmed

and roughly chopped

2 tbsp chopped coriander

175g/6oz caster sugar

50ml/2fl oz rice wine vinegar

1 tbsp fish sauce or lime juice

1 tbsp soy sauce

### Help-yourself starter

- 1 To make the dipping sauce, blend the garlic, chillies, ginger, lime leaves, lemongrass and coriander in a food processor until very finely chopped. Tip the sugar into a small saucepan, add 3 tbsp water and heat gently to dissolve. Continue to cook for another min or so until the syrup starts to thicken slightly.
- 2 Add the chilli and ginger mixture, and continue to cook for a further 2-3 mins. Then stir in the rice vinegar, fish sauce and soy sauce. Remove from the heat and leave to cool to room temperature.
- 3 Cook the beans in a small pan of boiling salted water for 1-2 mins until tender. Drain and refresh under cold running water, then leave to dry on kitchen paper. Mix the crab with the cooked beans and all the remaining ingredients, apart from the sunflower oil. Season with salt and freshly ground black pepper and shape into 8 small patties.
- 4 Heat 1-2 tbsp sunflower oil in a frying pan and cook 4 crab cakes at a time until golden brown on both sides. Remove from the pan and keep warm while you cook the remainder. Serve with the sweet chilli dipping sauce.

PER SERVING 467 kcals, protein 16g, carbs 65g, fat 18g, sat fat 3g, fibre 1g, sugar 49g, salt 2.75g

### TASTE TEAM COMMENT

'This recipe has lots of different ingredients that I really like to use. I loved the flavours of both the cakes and the dipping sauce and will definitely make it again.'



LUCIA



## Rhubarb & ginger jam

MAKES 4 x 450g jars • PREP 15 mins  
plus soaking • COOK 20 mins

Moderately easy

*There's no reason why you couldn't use green rhubarb for this conserve, but it just won't be as pretty. The forced rhubarb has a slightly more delicate, sweeter flavour, and with its beautiful pink colour, it's the perfect match for crumbly, freshly baked scones and clotted cream.*

**1kg/2lb 4oz pink rhubarb,**  
trimmed weight

**1kg/2lb 4oz jam sugar (which**  
has added pectin)

**zest and juice 1 lemon**

**50g/2oz stem or crystallised ginger,**  
finely chopped

**4cm piece ginger, peeled**

**1** Wash the rhubarb under cold running water and slice into 2cm pieces. Tip into a large ceramic or plastic bowl and add the jam sugar, lemon zest and juice, and chopped stem ginger. Finely grate the peeled ginger directly over the rhubarb.

**2** Stir the mixture thoroughly, cover loosely with cling film and leave to one side for about 2 hrs to allow the sugar to dissolve into the rhubarb juices. You may need to stir the mixture occasionally to encourage this process along.

**3** Pop a few saucers in the freezer. Scoop the fruit and all the sugary juices into a preserving pan and set over a medium heat. Stir until the sugar has completely dissolved, and bring to the boil. Continue to cook at a fairly swift pace until the rhubarb is really tender and the conserve has reached setting point – this should take about 10-15 mins.

**4** To test for a set, drop ½ tsp of the jam onto a cold saucer, leave it for 30 secs, then gently push it with the tip of your finger. If the jam wrinkles the setting point has been reached. If not, continue to cook for a further couple of minutes and test again.

**5** Remove the pan from the heat and leave to one side for 2-3 mins before pouring into sterilised jars. Seal immediately and label with the date once completely cold.

PER SERVING (per rounded tsp) 55 kcals, protein none, carbs 15g, fat none, sat fat none, fibre none, sugar 15g, salt none

## Gingery buttermilk scones

MAKES 12 • PREP 10 mins •  
COOK 10 mins **Easy**

*This is based on a scone recipe by Good Food's Deputy food editor Sarah Cook. I think it's particularly delicious, and one of the best I've come across.*

**450g/1lb self-raising flour, plus**  
extra for dusting

**1 tsp ground ginger**

**100g/4oz unsalted butter, chilled, diced**

**75g/2½oz caster sugar**

**250ml/9fl oz buttermilk**

**1 egg white, lightly beaten**

**1 tbsp granulated sugar**

**1** Heat oven to 220C/200C/gas 7. Sieve the flour, ginger and a pinch of salt into a large mixing bowl. Add the butter and cut into the mixture using a round-ended knife. Then use your fingers to rub the

butter into the flour until it resembles fine breadcrumbs. Add the caster sugar and mix to combine.

**2** Make a well in the middle, add the buttermilk and stir in using the knife again. Once it comes together, use your hands to bring the dough into a ball. Tip out onto the work surface and very lightly knead for 30 secs until almost smooth.

**3** Lightly dust the work surface with flour and roll or flatten the dough into a square roughly 2cm thick. Using a long knife, trim the edges, then cut the dough into 6-7cm squares. Arrange the squares on a baking sheet, brush the tops with the beaten egg white, sprinkle with granulated sugar and bake on the middle shelf of the oven for about 10 mins until well risen and golden brown. Serve warm with Rhubarb & ginger jam and clotted cream.

PER SERVING 225 kcals, protein 4g, carbs 38g, fat 7g, sat fat 5g, fibre 1g, sugar 10g, salt 0.39g



New flavour  
combination for jam



Make ahead and reheat



### North African chicken tagine

SERVES 4 • PREP 15 mins  
COOK 1 hr 25 mins **Easy**

2 large chicken breasts, skin on  
4 chicken thighs, bone in and skin on  
2 tbsp olive oil  
200g/7oz shallots, peeled  
2 garlic cloves, sliced  
4cm piece ginger, grated  
1 tsp cumin seeds, lightly crushed  
1 tsp coriander seeds, lightly crushed  
2 small cinnamon sticks  
large pinch saffron threads  
1 tsp ground ginger  
pinch crushed dried chilli  
375g/13oz peeled butternut squash,  
cut into chunks  
500ml/18fl oz chicken stock  
1 rounded tbsp clear honey  
2 tbsp roughly chopped coriander

**1** Heat oven to 180C/160C/gas 4. Cut each chicken breast in half, then season all the chicken. Heat the oil in a medium-size ovenproof casserole dish. Add the chicken, skin-side down, and brown well all over – you can do it in batches. Remove from the pan and set aside.  
**2** Lower heat slightly, add the shallots to the pan and cook until golden brown all over. Add the garlic and grated ginger and cook for 30 secs before adding all the spices and cooking for 1 min more.  
**3** Throw the butternut squash into the pan and stir to coat in the spices. Arrange the chicken, skin side uppermost, on top of the shallots and squash. Pour over the stock and drizzle in the honey. Bring to a gentle simmer, then transfer to the oven to bake for 40 mins until tender. Scatter with the coriander and serve with couscous and a bowl of harissa, if you like.  
PER SERVING 630 kcals, protein 58g, carbs 16g, fat 38g, sat fat 10g, fibre 3g, sugar 10g, salt 0.86g



### Beef stir-fry with ginger

SERVES 4 • PREP 20 mins  
COOK 10 mins **Easy**

*A lovely dish to celebrate Chinese New Year on 3 February.*

500g/1lb 2oz beef rump, trimmed and cut into thin strips  
1 tsp Chinese five-spice  
300g pack ready-cooked rice noodles  
1 large red chilli  
1 fat garlic clove, chopped  
4cm piece ginger, peeled and cut into matchsticks  
1 stick lemongrass, trimmed and sliced  
2 tbsp sunflower oil  
100g/4oz sugar snaps, cut into thin strips  
8 baby corn, sliced diagonally  
6 spring onions, trimmed and sliced diagonally  
½ lime  
2 tbsp soy sauce  
1 tbsp fish sauce  
2 tbsp roasted peanuts  
roughly chopped coriander, to serve

**1** Mix the beef and five-spice in a bowl, then set aside to marinate. Soften the noodles in boiling water following pack instructions, drain then set aside. Thinly slice the red chilli, leaving the seeds if you prefer a little extra heat. Mix with the garlic, ginger and lemongrass in a small bowl. Heat half the oil in a wok, add the chilli mixture and stir-fry for 1 min until softened but not coloured. Remove with a slotted spoon and set aside while you cook the beef.  
**2** Heat the remaining oil, add the beef and stir-fry over a high heat for 1 min until browned and just cooked through.  
**3** Return the chilli mixture to the pan with the sugar snaps, baby corn and half the spring onions. Stir-fry for 1 min more before adding the drained noodles. Mix to thoroughly combine, take off the heat and add a squeeze of lime juice, the soy sauce and fish sauce.  
**4** Divide between four plates. Scatter with the peanuts, garnish with remaining spring onions and chopped coriander.  
PER SERVING 349 kcals, protein 33g, carbs 26g, fat 14g, sat fat 3g, fibre 1g, sugar 3g, salt 3.58g



**Chocolate & ginger torte**

SERVES 8-10 • PREP 25 mins •

COOK 1 hr 10 mins

Moderately easy

*This is one for serious chocoholics. If you prefer your chocolate cake sweeter, add some icing sugar to the ganache icing, or serve with vanilla ice cream.*

250g/9oz unsalted butter, diced,  
plus extra for the tin  
cocoa, for dusting  
350g/12oz dark chocolate, chopped  
2 tbsp Stone's Ginger wine  
140g/5oz caster sugar  
100g/4oz light muscovado sugar  
5 eggs, separated  
75g/2½oz ground almonds  
1 tsp ground ginger  
1 heaped tbsp ginger preserve  
**FOR THE GANACHE ICING**  
140g/5oz dark chocolate, finely chopped  
150ml/¼pt double cream  
25g/1oz unsalted butter  
2 tbsp Stone's Ginger wine

- 1 Heat oven to 170C/150C/gas 3-4. Butter and line a 23cm round springform tin with a disc of buttered baking parchment. Lightly dust the inside of the tin with cocoa and tip out excess.
- 2 Put the chocolate and butter into a medium-size heatproof bowl, add the ginger wine and set the bowl over a pan of barely simmering water. Stir occasionally until melted and smooth. Remove from the heat and cool slightly.
- 3 Tip both the sugars into a large mixing bowl or the bowl of an electric mixer and add the egg yolks. Whisk until pale and light. Pour the melted chocolate and butter into the yolks and stir until smooth. With another large, spotlessly clean bowl and whisk, beat the egg whites with a pinch of salt until they just hold a stiff peak.
- 4 Sift the almonds and ginger into the chocolate mixture and fold in using a large metal spoon. Add one-third of the egg whites and stir in to loosen the mixture. Fold in the remaining egg whites until combined.

- 5 Spoon half the mixture into the prepared tin and gently spread level using a palette knife. Gently warm the ginger preserve until it's just spreadable and carefully spoon onto the cake in small dollops. Spoon over the remaining chocolate mixture, spread level and bake just below the middle shelf of the oven for 50 mins-1 hr until a wooden skewer inserted into the middle of the cake comes out with a moist crumb attached. Allow the cake to cool in the tin and don't be dismayed if the top sinks and cracks.
  - 6 To make the ganache icing, tip the chocolate into a heatproof bowl. Then add the cream, butter and ginger wine. Set the bowl over a pan of barely simmering water and stir until melted and velvety smooth. Remove from the heat and allow to cool slightly.
  - 7 Carefully run a palette knife around the edge of the cake to loosen it, then put on a serving plate. Spread the ganache over the top, and leave to set before serving.
- PER SERVING (8) 907 kcal, protein 10g, carbs 73g, fat 65g, sat fat 35g, fibre 2g, sugar 72g, salt 0.18g



Decadent dinner party dessert



# Banbury cake



**Gerard Baker**, BBC chef and food historian, celebrates a traditional regional recipe  
Photograph PETER CASSIDY

**C**risp, buttery pastry, a tang of citrus and crunchy sugar – hard to resist? Yes, me too, and perhaps that is why many of our traditional biscuits and cakes have this combination. For centuries, home bakers have used up the odds and ends of pastry to make pies and tarts.

Northern bakers either side of the Pennines make their Eccles and Chorley cakes with regional variations, adding special ingredients to their recipes including spearmint leaves or warm spices, such as cinnamon and clove. In the Midlands, however, it is the Banbury cake that has endured.

The word 'cake' is perhaps a misnomer in this case – as it is with those originating from Eccles and Chorley – because Banbury cakes are more biscuit-like, being baked almost dry. They'd traditionally be sold from enclosed spherical baskets (right) to keep them warm, and hawked around markets and fairs.

To understand why some of our traditional foods have spread across the country so successfully, we can look to the wider social context. At one time, animals were herded for many miles from country meadows and heaths into centralised market towns for processing into meat and cloth. Drive through the highlands of Scotland and one can still see drove-roads criss-crossing the mountains.

Banbury grew as a market town from the 13th century, when animals were brought to be sold at markets and annual livestock fairs. Famous primarily for woollen cloth, Banbury attracted sheepdrovers from all over the Midlands. It's easy to see how these itinerants would take food back on the road, explaining why these lovely little cakes spread so widely.

The Banbury cake is recorded as early as 1614, when Ben Jonson mentions them in his comedy play



*Bartholomew Fair*. The cakes were sold commercially from a shop set up in 1638 in Banbury by Betty White, and during the 19th century they were exported in large numbers to India.

*The Banbury Guardian* records that sales of the cakes were strong during the livestock fairs in the mid 1800s – 20,000 visitors a day came to the town, and one baker is recorded to have bought £10 of currants alone for his production, a huge sum in those days.

The emergence of the Great Western Railway saw the spread of Banbury cakes in a more efficient manner as they were sold in the station tea rooms. Lucky for us they did, because we can now enjoy them at home – the electronic drove-road that is the internet can deliver them to your door. Or even better, make them yourself with this lovely recipe.

• Catch Gerard Baker on the new series of BBC Two's *Hairy Bikers: Mums Know Best*. Gerard also appears on Radio 4's *The Food Programme*

## Banbury cakes

MAKES 10 • PREP 30 mins •

COOK 30 mins

**Easy** Can be frozen unbaked

*This recipe is a favourite when I need some quick afternoon tea cakes – the spice and orange peel marry so well with a lovely cup of Earl Grey. Although homemade puff pastry is best, you can get away with using ready made – just make sure it's all-butter.*

**50g/2oz unsalted butter, softened**

**1 tbsp English honey**

**½ tsp freshly grated nutmeg**

**½ tsp ground cinnamon**

**100g/4oz currants**

**50g/2oz candied orange peel**

**plain flour, for dusting**

**500g pack all-butter puff pastry**

**1 egg white, beaten**

**1-2 tbsp nibbed sugar or crushed rough-edged sugar cubes**

**1** Cream the butter and honey together with the spices. Add the currants and the candied peel and mix well. On a lightly floured surface roll out the pastry to the thickness of a £1 coin and cut out 10 x 10cm circles, re-rolling any trimmings. Divide the filling between the circles.

**2** Bring up the edges of the pastry to enclose the filling and crimp the edges of the pastry together to look like little purses. Turn the parcels over, with the folds underneath. Roll each parcel out gently to an oval shape, taking care not to expose the filling.

**3** Heat the oven to 180C/160C fan/gas 4. Place the cakes on a baking sheet lined with non-stick paper. Brush with the egg white and sprinkle with sugar. Cook for 25-30 mins until cooked and crispy. Turn the oven down if the tops brown too quickly.

**4** When cooked, transfer to a wire rack and allow to cool a little before eating. When cold, they're excellent spread with a little salted butter.

PER SERVING 294 kJ, protein 4g, carbs 29g, fat 19g, sat fat 10g, fibre 1g, sugar 13g, salt 0.57g



*An irresistible teatime combination – an oval of buttery pastry filled with currants and spiced peel, and crusted with sugar*



Delicious warm or cold





# Valentine treats

Surefire hit



## Rib-eye steaks with chilli butter & homemade chips

SERVES 2 • PREP 10 mins plus chilling • COOK 45 mins **Easy** chilli butter  
*You can't go wrong with steak and making your own chips adds the finishing touch.*

1 tbsp finely chopped parsley  
50g/2oz butter, softened, plus a little extra  
1 red chilli, finely chopped  
juice and zest ½ lemon  
olive oil  
2 x 200g rib-eye steaks, seasoned  
2 handfuls mixed salad leaves  
**FOR THE CHIPS**  
450g/1lb floury potatoes, such as Estima, King Edward or Maris Piper, peeled and cut into chunky chips  
2 tbsp olive oil  
1 tsp thyme leaves  
1 garlic clove, crushed

**1** For the chilli butter, mash the parsley into the butter with the chilli, a squeeze of lemon juice, the zest and some seasoning. Chill until firm.  
**2** Heat oven to 200C/180C fan/gas 6. For the chips, toss all the ingredients on a baking tray, then season. Roast for 35-45 mins until golden and crisp.  
**3** Heat a good glug of oil in a frying pan. Add the extra butter and the seasoned steaks, fry for 2-4 mins on each side, then transfer to plates. Toss the leaves with olive oil and lemon juice. Divide between the plates, add the chips and top each steak with a piece of chilli butter.  
PER SERVING 772 kcals, protein 51g, carbs 40g, fat 47g, sat fat 20g, fibre 4g, sugar 3g, salt 0.63g

### TIP

For an extra-special touch, chill the butter flat on a tray, then use a cutter or knife to cut out butter hearts.

## Cherry shortbread hearts

MAKES 14-16 depending on cutter • PREP 15 mins • COOK 15 mins  
**Easy** biscuits before adding jam  
*Why not box up these biscuits as a gift?*

100g/4oz icing sugar, plus extra for dusting  
200g/7oz plain flour, plus extra for dusting  
50g/2oz cornflour  
50g/2oz ground almonds  
250g pack cold butter, cut into cubes  
50g/2oz glacé cherries, finely chopped  
½ tsp almond extract  
8 tbsp cherry jam, sieved

**1** Heat oven to 180C/160C fan/gas 4. Sift the icing sugar, flour and cornflour together into a bowl. Stir in the ground almonds and butter, then rub in the butter until smooth. Stir in the chopped glacé cherries and almond extract, and bring together to form a dough.  
**2** Roll out on a lightly floured surface, then stamp out biscuits using a heart-shaped cutter. Keep re-rolling the trimmings until all the dough is used. Carefully transfer the biscuits to baking trays lined with parchment and bake for just 8-10 mins until just pale golden.  
**3** Using an upturned bottle top or similar, press gently into the centre of each biscuit to make a round indent. Spoon in a little jam and return to the oven for 2 mins. Remove and cool on a wire rack, before dusting with icing sugar to serve.  
PER SERVING (16) 242 kcals, protein 2g, carbs 27g, fat 15g, sat fat 8g, fibre 1g, sugar 14g, salt 0.21g





Irresistibly cute



Intensely chocolatey

**Chocolate & almond puds with boozy hot chocolate sauce**

SERVES 2 • PREP 10 mins •  
COOK 25 mins **Easy** cakes

*These make-ahead puds are easy, but look glamorous.*

50g/2oz butter, softened, plus extra for the moulds  
25g/1oz toasted flaked almonds, chopped  
50g/2oz caster sugar  
1 egg  
25g/1oz self-raising flour

25g/1oz ground almonds  
1 tbsp cocoa powder  
2 scoops vanilla ice cream, to serve  
**FOR THE SAUCE**  
50g/2oz dark chocolate  
2 tbsp butter  
125ml/4fl oz double cream  
1 tbsp caster sugar  
1 tbsp Disaronno (amaretto)

**1** Heat oven to 180C/160C fan/gas 4. Butter 2 x 150ml dariole moulds, scatter in the flaked almonds so they stick to the base and sides and put on a small baking

tray. Beat the butter, sugar, egg, flour, ground almonds and cocoa powder together, then divide between the moulds. Bake for 20-25 mins until a skewer comes out clean.

**2** Meanwhile, for the sauce, melt all the ingredients in a small pan and keep warm.

**3** Carefully turn the cakes out of their moulds and sit on 2 plates (the same way up as they baked). Serve with vanilla ice cream, the hot chocolate sauce, espressos and a splash more Disaronno.

PER SERVING 1,144 kJals, protein 13g, carbs 66g, fat 92g, sat fat 46g, fibre 3g, sugar 54g, salt 0.77g



# A tasty new year

Celebrate Chinese New Year with Blue Dragon's new-look ingredients range and treat your taste buds to a delicious dumplings dish, perfect for sharing



**B**lue Dragon is celebrating Chinese New Year by revamping its authentic ingredients range. Including new products, and a great new look, these Chinese storecupboard essentials offer everything you need to make authentic Oriental dishes from scratch in your own home.

You'll love the range's aromatic and vibrant flavours, which promise to transport your taste buds to Far Eastern shores this 3 February.

Recreate this delicious Pork & cabbage potsticker dumpling dish (see right) this Chinese New Year as part of a banquet for friends and family. For more inspiring recipes and top tips visit [bluedragon.com](http://bluedragon.com).



## Pork & cabbage potsticker dumplings

**SERVES 8 • MAKES 40 • PREP 50 mins • COOK 10 mins** **Moderately easy**

- 1 medium sweetheart or pointed cabbage, finely chopped**
- 6 spring onions, finely chopped**
- 1 tbsp finely grated ginger**
- 3 garlic cloves, finely grated**
- 250g pork mince**
- 1 egg**
- 2 tbsp Blue Dragon Oyster Sauce**
- 1 tsp Blue Dragon Sesame Oil**
- 1 egg white**
- 40 gyoza wrappers**
- 2 tbsp vegetable oil**
- 1 tbsp Blue Dragon Dark Soy Sauce**
- 1 tsp Blue Dragon Rice Vinegar**
- chives, to garnish**

- 1** Put cabbage in a colander with 1 tbsp salt, toss, then set aside for 20 mins.
- 2** Put the spring onions, ginger, garlic, mince, egg, Blue Dragon Oyster Sauce and Sesame Oil in a mixing bowl.
- 3** Wrap the cabbage in a tea towel. Wring out as much water as you can, then add the cabbage to the bowl.
- 4** With your hands, mix the ingredients, pressing and turning them over, until it becomes a smooth consistency (1).
- 5** To assemble, get a pastry brush, teaspoon and baking tray ready. Hold your left hand in a C-shape, thumb and forefinger touching. Then drape a gyoza wrapper over the circle created with your hand. Place a generous tsp of mixture in the centre (2). Press edges together to seal (3), then flatten base and squeeze the ends round to make a mountain-shaped crescent. Place on a baking tray. Repeat until all the mixture is used.
- 6** Heat 2 tbsp oil in a frying pan with a close-fitting lid. Place the gyoza in the pan in circles, close but not touching (4). Fry for 3-4 mins until the bottoms are golden and crispy. Add 200ml boiling water to the pan. Cover, and steam for 3-5 mins or until all of the water has been absorbed and the pork is set and cooked. Repeat until all the dumplings are cooked. Mix the Blue Dragon Dark Soy Sauce and Rice Vinegar and serve the dumplings, crispy-side up, garnished with chives.

**ABOVE** Blue Dragon Oriental expert and 2007 MasterChef semi-finalist, Harriet Jenkins prepares the dumplings

### TIP

Gyoza – or 'fresh dumpling pastry' – wrappers, can be hard to find, so if you aren't near an Oriental grocery store, visit [theasiancookshop.co.uk](http://theasiancookshop.co.uk) – they're £2.39 for 200g.

## Chinese favourites

Try Blue Dragon's range of Chinese storecupboard ingredients and rustle up tasty Oriental dishes at home. The range includes Oyster Sauce for a distinct rich and salty flavour; Sesame Oil for seasoning at the end of cooking; Dark Soy Sauce for adding flavour and colour; and White Rice Vinegar for creating scrumptious salad dressings.



For more information and recipe inspiration, visit [www.bluedragon.com](http://www.bluedragon.com)



# A good catch



Buying fish and seafood with a clear conscience can be confusing, but **CJ Jackson**, head of Billingsgate Seafood Training School, has recipes and advice to make light work of cooking with sustainable varieties  
Photographs PETER CASSIDY



Punchy flavours

## Grilled mackerel with harissa & coriander couscous

SERVES 4 • PREP 20 mins

COOK 15 mins **Easy**

*Mackerel are best bought whole and filleted to order so you can tell just how fresh they are.*

- 4 small whole mackerel, gutted and filleted
- 3 tbsp extra virgin olive oil
- grated zest and juice 1 lime, plus wedges to serve
- 1 bunch spring onions, finely sliced
- 2 tbsp harissa paste (more depending on taste)
- 140g/5oz couscous
- 500ml/18fl oz hot vegetable stock
- 3 tbsp chopped coriander, plus sprigs to serve

**1** Brush each fillet 2-3 times with a little of the olive oil and rub with the lime zest. Season and sprinkle with half the lime juice then marinate for 5 mins.

**2** Heat the remaining olive oil in a large pan. Add half the onions and harissa, and stir over a medium heat for 2-3 mins. Stir in the couscous and toss to coat with the harissa. Add the hot stock, cover and remove from the heat. Stand for 5 mins, fluff with a fork and stir in the remaining spring onions, coriander, lime juice and some seasoning. Heat the grill.

**3** Grill the mackerel for 3-4 mins on each side or until the flesh is opaque. Divide the couscous between 4 plates and slide a fillet on top. Serve with lime wedges.

PER SERVING 502 kcals, protein 31g, carbs 21g, fat 33g, sat fat 6g, fibre 1g, sugar 3g, salt 0.65g

## WHY CHOOSE MACKEREL?

This oil-rich fish is in plentiful supply and is an excellent source of omega-3 fatty acids, essential for brain development and reducing the risk of strokes. When buying, look out for line-caught fish, which is a selective method of capture and more environmentally friendly. Mackerel is a good choice in winter as it is in season and at its best with rich, meaty flesh.



**Spicy Thai prawn noodles**

SERVES 4 • PREP 15 mins •

COOK 15 mins **Easy**  Low fat*Atlantic prawns are not as big as farmed varieties, but they have a good flavour.*

200g/7oz Thai rice noodles

1 tbsp sesame oil

2 eggs, beaten

1 red chilli, finely chopped

1 thumb-size piece ginger, grated

450g/1lb peeled cooked Atlantic prawns

1 tbsp soy sauce

small bunch coriander, roughly chopped

½ small bunch mint, roughly chopped  
zest and juice 1 lime

small handful roasted peanuts, chopped


**1** Cook the noodles following the pack instructions, drain and set aside for later. Heat the oil in a large frying pan and pour in the beaten egg. Swirl around the pan to make a thin omelette, cook for 1-2 mins, then flip over and cook the other side for 1 min. Tip out and slice into thin strips.

**2** Add the chilli and ginger to the pan, fry for 1-2 mins then tip in the noodles, prawns and egg. Splash in the soy sauce and stir-fry for 1 min more. Throw in the chopped herbs and pour over the lime juice and zest, then sprinkle over the chopped peanuts and serve.

PER SERVING 385 kcals, protein 34g, carbs 42g, fat 11g, sat fat 2g, fibre 1g, sugar 1g, salt 2.80g

**WHY BUY ATLANTIC PRAWNS?**

Harvested from the North Atlantic, these prawns are quick to grow and breed. They are trawled in very fine nets and many of the boats fishing for them have grids on their nets that prevent other fish being caught at the same time.



On the table in 30 minutes



## Mussels with red onion, cider & crème fraîche

SERVES 2 • PREP 10 mins • COOK 15 mins

Easy

To watch a video showing how to prepare mussels, visit the How to cook section at [bbcgoodfood.com](http://bbcgoodfood.com).

1kg/2lb 4oz rope-grown mussels  
25g/1oz unsalted butter  
2 small red onions, thinly sliced  
1 garlic clove, chopped  
150ml/¼pt dry cider  
2 tsp finely chopped sage  
150ml/¼pt half-fat crème fraîche

- 1 Prepare the mussels. Scrub them to remove any barnacles and pull away the beard, then discard any that are damaged or won't close when tapped.
- 2 Melt the butter in a large pan and cook the onions for 3-4 mins, then add the garlic. Pour the cider over and sprinkle in the sage, then bring to the boil. Turn the heat down to a simmer and cook until reduced by half.
- 3 Add the mussels, cover and cook over a medium heat (shaking the pan occasionally) for 3-4 mins until they have

opened. Lift the mussels into a bowl and keep warm.

- 4 Bubble the cooking liquid in the pan for 2 mins, then carefully blend in the crème fraîche. Heat through and pour over the mussels to serve.

PER SERVING 364 kcals, protein 21g, carbs 14g, fat 24g, sat fat 14g, fibre 1g, sugar 7g, salt 1.19g

## WHY BUY ROPE-GROWN MUSSELS?

Considered to be one of the most sustainable species of seafood, rope-grown mussels are inexpensive, environmentally friendly and packed with protein, vitamins and minerals, as well as being low in fat. According to The Shellfish Association of Great Britain, 100g of mussels (a large bowl with their shell on) provides nearly a quarter of the weekly recommended amount of omega-3. Sweet, meaty and juicy, rope-grown mussels are particularly good at this time of year as during the summer they spawn and lose weight.

They grow quickly and require little managing as they feed on nutrients in the water. No chemicals are needed in the farming process and they are easy to harvest, with no damaging fishing methods.

## HEALTHY BENEFITS

The nutritional value of fish is affected by the season, the species and the cut.

In winter, oily varieties, such as mackerel, and shellfish, such as mussels, are richer in fat, including valuable omega-3 and fat-soluble vitamins A and D. There are lower levels of these fats in the tail fillet of larger fish, such as salmon, so it's best to eat a chunkier cut from the main body of the fish.

Regardless of the season, white fish are a richer source of iodine, essential for a healthy thyroid.

## Pan-fried white fish with polenta & orange crust

SERVES 4 • PREP 5 mins • COOK 15 mins

Easy

Superhealthy Heart healthy

The fish can be coated then chilled for a few hours before you're ready to cook it.

2 tbsp plain flour  
4 tbsp fine polenta  
grated zest ½ orange  
1 tbsp thyme leaves  
4 x 140g/5oz sustainable white fish fillets, skinned and boned (see below, or use 2 small fillets per person)  
1 egg, beaten  
25g/1oz butter  
2 tbsp olive oil  
500g/1lb 2oz baby spinach

- 1 Mix the flour, polenta, orange zest and thyme leaves together with some seasoning. Dip the fillets in the beaten egg then roll in the polenta mix to coat.
- 2 Heat the butter and olive oil in a large frying pan until foaming, add the fillets and lower the heat. Cook for 3 mins on each side. Meanwhile, wilt the spinach in a large pan, drain off the excess water, season and divide between 4 plates. Serve with the fish fillet on top.

PER SERVING 324 kcals, protein 33g, carbs 15g, fat 15g, sat fat 5g, fibre 3g, sugar 3g, salt 0.89g

## CHOOSING WHITE FISH

At this time of the year, good white fish options are wild black sea bream and lemon sole, as both of these spawn slightly later in the spring than other white species. Responsibly farmed fish to consider include UK-farmed tilapia and sea bass, both available in some supermarkets. To keep up to date with sustainable fish guidelines, and what is good to eat, visit the Marine Conservation Society's website (see below).

## BUYING SUSTAINABLE FISH



Look for the distinctive blue badge and white tick – the Marine Stewardship Council (MSC) certification, which guarantees it will be sustainable.

The Marine Conservation Society's website ([fishonline.org](http://fishonline.org)) has introduced a traffic light system for sustainable fish – red should be avoided. When buying from a fishmonger, ask if the fish you want is sustainable – if you don't get a positive answer, choose something else.

• Jamie's Fish Supper, Gordon's Shark Bait, Hugh's Fish Fight and Heston's Fish Feast join Channel 4's *Big Fish Fight* championing sustainable alternatives this January

Serve with crusty bread for a special meal for two







Quick to cook  
and healthy, too






# The modern vegetarian



Food writer **Deena Kakaya** adds a touch of spice to vegetarian cooking with her inventive Indian recipes  
Photographs PETER CASSIDY

## Parsnip pancakes with honey and mustard dressing

SERVES 4 • PREP 20 mins

COOK 20 mins **Easy**   

*These delicious pancakes make a great main course for entertaining, especially when served with the Curried chickpeas (right). Make the dressing first so the flavours can harmonise, but don't fry the pancakes until just before serving so they stay crisp.*

### FOR THE DRESSING

- 1 tbsp vegetable or sesame oil
- 5 curry leaves (see Know-how, page 80)
- 1 tsp brown mustard seeds
- 1 green chilli, deseeded and finely chopped
- ½ tsp ground turmeric
- 1 tsp grated fresh ginger
- 250g/9oz Greek yogurt, whipped
- 1 tbsp honey

### FOR THE PANCAKES

- 175g/6oz parsnips, grated
- 1 tsp cumin seeds
- 2 green chillies, deseeded and finely chopped
- 1 tsp fennel seeds (optional)
- 1 tsp ground coriander
- ½ tsp ground turmeric
- 1 tsp baking powder
- 100g/4oz gram (chickpea) flour
- 50g/2oz semolina
- small onion, finely chopped
- 1 tsp grated ginger
- 3-4 tbsp vegetable oil, for frying

**1** To make the dressing, heat the oil in a non-stick pan and cook the curry leaves and mustard seeds for 1 min. Stir in the chilli, turmeric and ginger, then cook on

a low heat for 2-3 mins. Remove from the heat and leave to cool completely. Stir the cooled spice mix into the whipped yogurt along with the honey, then chill until you are ready to serve the meal. *Can be made a day ahead.*

**2** To make the pancakes, combine all the ingredients, except the oil, with 200ml cold water and a pinch of salt. Mix until a thick batter is formed. *Can be prepared several hours in advance and chilled.*

**3** About 15 mins before you want to serve the pancakes, heat a large non-stick frying pan and add 1 tbsp oil. When the oil is hot, place a few tbsp of the mixture in the pan to form a round pancake about 1-1.5cm thick. You can cook 2 or 3 at a time and keep them warm in a low oven while you make the rest. Cook for 2-3 mins until golden brown, then flip over and cook the other side until browned. You should make 8 pancakes in total. Serve the pancakes with the honey and mustard dressing and the Curried chickpeas if you like.

PER SERVING 365 kJals, protein 11g, carbs 36g, fat 20g, sat fat 5g, fibre 5g, sugar 10g, salt 0.46g






## WHAT TO DRINK

Soft reds work well with spicy vegetarian dishes. Pick a Chilean Merlot or a young Côtes du Rhône, such as Les Galets 2009, 14% (£6.24). The best white choice is Vioignier, which is rich but not acidic. Vioignier Réserve Spéciale 2009, Gérard Bertrand, Vin de Pays d'Oc, France, 13% (£7.99), has a blend of apricots, hazelnuts and honey.

Both wines are from Majestic and are suitable for vegetarians.

## Curried chickpeas

SERVES 4 • PREP 15 mins

COOK 15 mins **Easy**   

**Superhealthy** Counts as 1 of 5-a-day

*Serve this simple side as a part of a larger meal, or to go with my Parsnip pancakes.*

- 2 tbsp vegetable oil
- 1 tsp cumin seeds
- 1-2 red chillies, deseeded and chopped
- 1 clove
- 1 small stick cinnamon
- 1 bay leaf
- 1 onion, finely chopped
- ½ tsp ground turmeric
- 2 garlic cloves, finely chopped
- 400g can chickpeas, rinsed and drained
- 1 tsp paprika
- 1 tsp ground coriander
- 2 small tomatoes, chopped
- 1 tbsp chopped coriander

**1** Heat the oil in a heavy-bottomed pan. Fry the cumin, chillies, clove, cinnamon and bay leaf together until the cumin starts to crackle. Tip in the onion, turmeric and a pinch of salt. Cook for 2 mins until starting to soften, then add the garlic.

**2** Continue cooking 4-5 mins until the onion is soft, then add chickpeas, paprika, black pepper and ground coriander. Give everything a good stir so the chickpeas are well coated in the spices.

**3** Add the tomatoes and 2 tbsp water. Cook on a medium heat until tomatoes are soft and the sauce is thick and pulpy. Take off the heat and sprinkle on the coriander.

PER SERVING 150 kJals, protein 6g, carbs 15g, fat 8g, sat fat 1g, fibre 3g, sugar 3g, salt 0.35g





Impressive main course



New way with broccoli

## Paneer with broccoli and sesame

SERVES 4 • PREP 10 mins •

COOK 15 mins **Easy** 

Serve with other dishes, or on its own with steamed rice as a midweek supper.

200g/7oz sprouting broccoli  
1 tbsp vegetable oil  
pinch asafoetida (see Know-how)  
1 tsp cumin seeds  
1 tbsp sesame seeds  
1 large green chilli, finely chopped  
½ tsp brown mustard seeds  
6 curry leaves  
1 medium onion, sliced  
140g/5oz paneer cheese, cut into strips  
1 tbsp grated ginger  
2 garlic cloves, crushed  
1 tsp lemon juice  
½ tsp ground mace

**1** Trim the broccoli and boil or steam for 5-6 mins until tender but firm to the bite. Drain and cool under cold running water. Heat the oil in a wok or large frying pan, then add the asafoetida, cumin seeds, sesame seeds, chilli, mustard seeds and the curry leaves. Cook for 1 min until fragrant, then add the onion and cook another 2 mins.

**2** Throw in the paneer, ginger and garlic, and season. Cook on a medium heat for 4-5 mins until the paneer turns golden. Add the broccoli and mix through the paneer and spices, then add lemon juice, mace and twist of pepper.

PER SERVING 195 kcs, protein 11g, carbs 5g, fat 14g, sat fat 6g, fibre 3g, sugar 3g, salt 1.3g

### KNOW-HOW

- Curry leaves can be bought fresh from Indian shops, or dried from some supermarkets. They freeze very well.
- Asafoetida is a pungent powdered spice used in Indian cooking. It has a very powerful onion flavour so should always be used sparingly.



**Indian winter soup**

SERVES 4-6 • PREP 15 mins

COOK 30 mins **Easy** **V** **Superhealthy**

High in fibre, counts as 4 of 5-a-day, low fat

100g/4oz pearl barley  
 2 tbsp vegetable oil  
 ½ tsp brown mustard seeds  
 1 tsp cumin seeds  
 2 green chillies, deseeded and finely chopped  
 1 bay leaf  
 2 cloves  
 1 small cinnamon stick  
 ½ tsp ground turmeric  
 1 large onion, chopped  
 2 garlic cloves, finely chopped  
 1 parsnip, cut into chunks  
 200g/7oz butternut squash, cut into chunks  
 200g/7oz sweet potato, cut into chunks  
 1 tsp paprika  
 1 tsp ground coriander  
 225g/8oz red lentils  
 2 tomatoes, chopped  
 small bunch coriander, chopped  
 1 tsp grated ginger  
 1 tsp lemon juice

**1** Rinse the pearl barley and cook following pack instructions. When it is tender, drain and set aside. Meanwhile, heat the oil in a deep, heavy-bottomed pan. Fry the mustard seeds, cumin seeds, chillies, bay leaf, cloves, cinnamon and turmeric until fragrant and the seeds start to crackle. Tip in the onion and garlic, then cook for 5-8 mins until soft. Stir in the parsnip, butternut and sweet potato and mix thoroughly, making sure the vegetables are fully coated with the oil and spices. Sprinkle in the paprika, ground coriander and seasoning, and stir again.

**2** Add the lentils, pearl barley, tomatoes and 1.7 litres water. Bring to the boil then turn down and simmer until the vegetables are tender. When the lentils are almost cooked, stir in the chopped coriander, ginger and lemon juice.

PER SERVING 445 kJ, protein 19g, carbs 80g, fat 8g, sat fat 1g, fibre 8g, sugar 13g, salt 0.14g

*On winter days, when it feels like it's been evening all day long, I love to warm my hands around a bowl of this earthy soup*



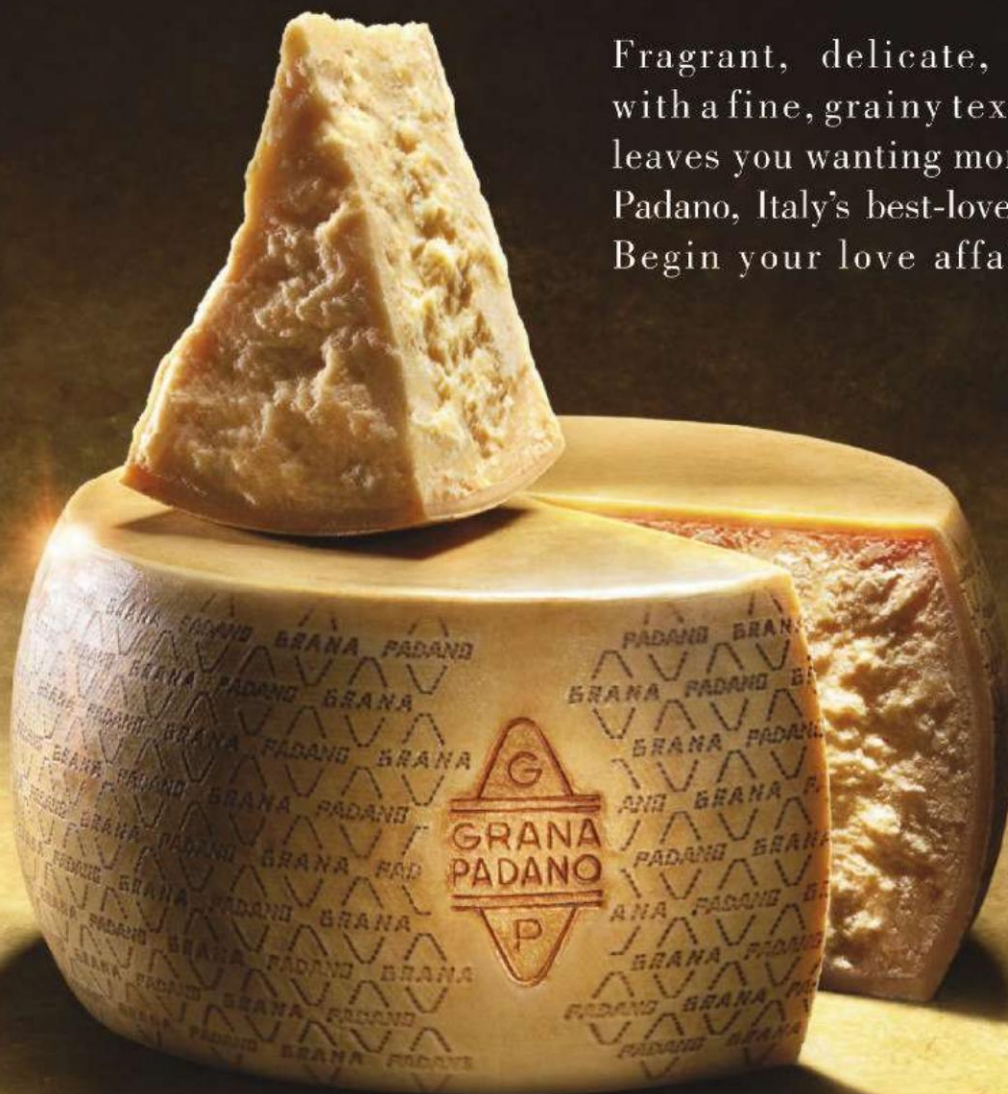
• Deena Kakaya, a vegetarian food writer, lives in London. She grew up in Leicester and, inspired by her father's love of global flavours, from traditional English to home-cooked Indian, she learned to combine influences and get the best of all worlds.





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# Jamie's restaurant's recipes

**Jamie Oliver** set up Fifteen restaurant nine years ago, serving inventive seasonal food cooked by his team of trainee chefs. Here, Jamie's head chef Andrew Parkinson shares four recipes typical of the dishes on Fifteen's menu  
Photographs DAVID LOFTUS

*Fifteen is really a cornerstone of what I do. We're almost 10 years in and the place is still buzzing, still training young people and still producing great food, day in, day out. I read a lot of the letters we get back from people who've eaten at Fifteen and for a restaurant to get so much praise from customers, they must be doing something special*

JAMIE OLIVER







Smart but really simple

### Seasonal salad of beetroot, goat's cheese & pomegranate

SERVES 4 • PREP 20 mins • NO COOK

Easy 

*Blood oranges and golden beetroot would also work really well together in this salad.*

- 1 lemon, juice only
- 4 tbsp olive oil
- 5 oranges, zest 5, juice of 1 and flesh of 4, cut into 1cm/½in slices
- 6 cooked beetroot, cut into wedges
- ½ small bunch mint, finely chopped, plus a few extra leaves
- 1 tbsp balsamic vinegar
- 1 frisée lettuce
- 200g/7oz goat's cheese
- 1 pomegranate, seeds only, or
- 1 x 120g pack pomegranate seeds


**1** To make the salad dressing, mix the lemon juice with 2 tbsp of the oil and some seasoning. Add the orange zest, beetroot and mint. Pour over 1 more tbsp of olive oil, the balsamic vinegar and orange juice, and gently mix.

**2** Arrange the frisée and orange slices on a large serving plate, place the beetroot and orange mix on top and crumble over the goat's cheese. Sprinkle over the pomegranate and mint leaves, and finish with a drizzle of the remaining olive oil.

PER SERVING 272 kcs, protein 10g, carbs 13g, fat 20g, sat fat 7g, fibre 3g, sugar 12g, salt 0.79g

### Roast duck crown with polenta

SERVES 4 • PREP 15 mins •

COOK 30 mins 

*As the breast and legs of a whole duck cook at different times, it's a lot easier to just roast the crown.*

- 1 red chilli, deseeded and chopped
- 4 garlic cloves, 2 finely chopped and 2 left whole
- 1 large shallot, chopped
- small handful each parsley and mint leaves
- zest and juice 1 lemon
- 150ml/¼pt olive oil
- 1 duck crown
- 2 tbsp runny honey
- 1 large carrot, unpeeled
- 1 branch celery, cut in two
- small handful rosemary sprigs
- 200g/7oz polenta
- 100g/4oz butter
- 500g/1lb 2oz purple sprouting broccoli

**1** Mix the chilli, chopped garlic, shallot, herbs, zest and lemon juice with the olive oil. Season and set aside. Heat oven to 200C/180C fan/gas 6. Rub the duck crown with sea salt and a little oil, heat a large frying pan and brown the duck for a few mins. Remove from the pan, brush with the honey and season with pepper. Place the duck onto a roasting tray with the carrot, celery, rosemary and garlic cloves and cook for 15-20 mins for pink meat, longer for brown. Remove from the pan and rest in a warm place for 10-15 mins.

**2** In a large pan bring 600ml water to the boil, add the polenta and stir in the butter and some seasoning. Cook following pack instructions, then keep warm.

**3** Bring a large pan of salted water to the boil and cook the broccoli for 3-4 mins until almost just tender. Drain and set aside for later.

**4** While the duck is resting, heat 1 tbsp of the dressing in a frying pan and cook the broccoli until coated in dressing and warmed through. Serve the duck on top of the polenta and broccoli, and finish with some of the dressing poured over.

PER SERVING 1,077 kcs, protein 38g, carbs 47g, fat 85g, sat fat 26g, fibre 6g, sugar 12g, salt 0.61g

Jamie founded Fifteen London in 2002, and the Channel 4 documentary series *Jamie's Kitchen* followed the progress of the first 15 young trainee chefs. The restaurant now trains around 18 young people every year, none of them in education or employment and many from disadvantaged backgrounds.

Over the past nine years, there have been 95 graduates, with the majority still working their way up in the catering industry in top restaurants worldwide. During the 12-month course, the apprentices work alongside Andrew Parkinson and 27 chefs who act as mentors. For more information see [fifteen.net](http://fifteen.net).





Roast with  
a difference





Full-of-flavour  
veggie main

## Potato gnocchi with radicchio, Gorgonzola & walnuts

SERVES 4 • PREP 30 mins plus chilling •  
COOK 1 hr 45 mins

**Moderately easy** gnocchi can be frozen  
For really light gnocchi, floury potatoes are an essential. Maris Piper, Desiree and King Edwards all work a treat.

### FOR THE GNOCCHI

4 medium floury potatoes, unpeeled  
¼ nutmeg, grated  
1 egg yolk, free-range or organic  
1 tbsp plain flour, plus extra for dusting  
1-2 tbsp semolina, for dusting

### FOR THE SAUCE

1 tbsp olive oil, plus extra to serve  
1 radicchio, roughly chopped  
1 tbsp red wine vinegar  
2 tbsp butter  
few sprigs thyme, leaves only  
150ml/¼pt vegetable stock, organic  
200g/7oz Gorgonzola or vegetarian alternative  
50g/2oz walnut halves, roughly chopped  
grated Parmesan or vegetarian alternative, to serve

1 Heat oven to 220C/200C fan/gas 8. Pour a layer of sea salt onto a baking tray,

place the potatoes on top and bake for 1 hr 30 mins until the skin is crisp and the flesh is fluffy. Remove and leave until cool enough to handle, then halve the potatoes and scoop the hot potato flesh into a bowl. Mash with a potato ricer or masher until really smooth.

2 Add the nutmeg, egg yolk, some seasoning and enough of the flour to bind. Divide the mixture into 4. On a floured board, roll out each piece into a sausage and cut into 2½cm/1in pieces. Place on a tray dusted with semolina flour and chill in the fridge for 30 mins.

3 Meanwhile, make the sauce. Heat the olive oil in a large frying pan and cook the radicchio for 1 min. Splash in the red wine vinegar and a splash of water. Add the butter, some seasoning and the thyme. When the butter starts to go golden brown, add a splash of water or vegetable stock, cook for 2 mins then add the Gorgonzola. Keep warm.

4 Bring a large pan of salted water to the boil, add the gnocchi and cook until they float to the surface. Drain well and add to the sauce, mixing to coat. Season and serve with the walnuts, a grating of Parmesan and olive oil.

PER SERVING 455 kcals, protein 17g, carbs 24g, fat 33g, sat fat 14g, fibre 3g, sugar 2g, salt 2g

## Apple crumble tart

SERVES 8 • PREP 30 mins plus chilling •  
COOK 1 hr **Easy** unbaked

The pastry and the topping can be applied to any seasonal fruit filling. Pear, plum or quince would all work well.

### FOR THE PASTRY

140g/5oz butter  
85g/3oz sugar  
½ egg, free-range or organic, beaten  
250g/9oz plain flour  
2 heaped tbsp ground almonds

### FOR THE FILLING

6 large Bramley apples, peeled, cored and cut into 1cm/½in dice  
140g/5oz caster sugar  
1 vanilla pod

2 tbsp brandy

### FOR THE TOPPING

140g/5oz butter, at room temperature  
100g/4oz sugar  
280g/10oz plain flour  
¼ tsp cinnamon

1 First make the pastry. Cream the butter and sugar until light and fluffy, gradually pour in the egg and mix well. Add the flour and ground almonds and bring together to form a soft dough. Wrap in cling film and chill in the fridge for 1 hr.

2 Make the filling by cooking the apples, sugar, vanilla and brandy on a medium heat for about 8-10 mins or until the apples have started to break down. Remove from the heat and allow to cool.

3 Heat oven to 180C/160C fan/gas 4. Remove the pastry from the fridge and gently roll out on a lightly floured surface to the thickness of a £1 coin. Line the base and sides of a 26cm/10½in loose-bottomed tart tin with the pastry. Cover with baking parchment and fill with baking beans. Cook for 20 mins then remove the beans and return to the oven for 10-15 mins, until golden and cooked through. Remove and allow to cool.

4 Increase the oven temperature to 200C/180C fan/gas 6. To make the crumble topping, put all the ingredients into a bowl along with a pinch of salt. Rub together with your fingertips until it looks like fine crumbs. Spread the mix onto a baking tray, place in the oven and bake for 20-25 mins until golden brown, stirring halfway through to make sure you get a nice even colour. Assemble the tart by filling the pastry case with the apple mixture, then cover with the golden crumbs. Serve with custard.

PER SERVING 736 kcals, protein 8g, carbs 107g, fat 33g, sat fat 19g, fibre 5g, sugar 56g, salt 0.46g

Look out for  
more recipes  
from Jamie  
in April's issue



You know it's  
going to be good



# February Seasonal & local



This may be the hungry gap, but there are still plenty of goodies to see you through the month, says **Clare Hargreaves**

## Produced with passion *Halen Môn sea salt*

Chef Heston Blumenthal uses it to give the finishing taste touches to his dishes, while US President Obama loves the flavour it gives his favourite salted chocolate caramels.

The sea salt flakes are harvested by Alison and David Lea-Wilson, from the Menai Strait around Anglesey.

They're one of only three sea salts that are made by distilling Britain's seawater.

The couple started experimenting 13 years ago by boiling sea water on their kitchen Aga. As the delicate crystals began to form, they knew they had something special and started commercial production. They've since branched into flavours like oak smoked and spiced, and now export to 22 countries. Visit [halenmon.com](http://halenmon.com)



## Good reads

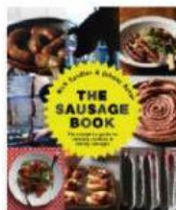
**Cakes by Pam Corbin (£14.99, Bloomsbury)**

In this latest River Cottage Handbook, Pam 'the Jam' Corbin offers a no-nonsense guide to baking perfect cakes. It includes a history of cake making, followed by a detailed guide to ingredients, equipment and techniques. The book also features plenty of recipes.



**The Sausage Book by Johnny Acton and Nick Sandler (£16.99, Kyle Cathie)**

We British have bangers, the Spanish have chorizo and morcilla, the Moroccans their merguez, and the Germans their frankfurters. This A-Z of sausages shows you how to make more than 30 varieties, and features 80 recipes for different ways to use them.



## Diary dates

• **National Bramley Apple Week**, 6-13 February. Try new, imaginative recipes on the Bramley website, including some by noted chef Mark Hix.

020 7052 8951 (The Bramley Apple Information Service) [bramleyapples.co.uk](http://bramleyapples.co.uk)

• **Rye Bay Scallops Festival**,

12-20 February. Meet the fishermen who catch the scallops, learn how to prepare and cook them, and watch the annual Scallops Race. 01797 229049 (tourist information) [ryebayscallops.co.uk](http://ryebayscallops.co.uk)

• **Wakefield Festival of Food, Drink and Rhubarb**, 25-26 February.

Celebrate the region's famous forced rhubarb and visit the farmers' forcing sheds, where the plants are grown. 08456 018353 (tourist information) [experiencewakefield.co.uk](http://experiencewakefield.co.uk)



## Mixed messages on milk

Are we missing out by opting to drink the lower-fat varieties?

Milk is every human's first taste sensation. And if, like me, you were reared on a daily dose of free school milk, you'll have imbibed the fact that milk is vital for a healthy diet.

Today, though, milk – or at least its full-fat version – is more likely to be seen as a dietary demon. This is a result of our fear of fat, which, we're told, raises blood cholesterol and contributes to cardiovascular disease. Over the past 30 years, fat phobia has prompted most of us to drink far less milk, and to switch from full-fat to reduced-fat versions.

In 1983, 95 per cent of the milk we drank was full-fat. Now, according to the most recent figures by the dairy farmers' body DairyCo, whole milk accounts for just 21 per cent of the milk we consume, semi-skimmed for 56 per cent, low fat (1 per cent or 0.75 per cent fat) for 7 per cent, and skimmed 14 per cent.

Some experts maintain that the trend towards lower-fat milk has improved our cardiovascular health, although others strongly dispute this. The latter point to research showing that, contrary to the government's anti-fat message, many of the saturated fatty acids in milk do not raise cholesterol and, far from being

harmful to health, are actually beneficial. They say milk has been unfairly targeted, with focus being placed on its fat content rather than its huge range of nutrients, such as calcium and iodine, that are important for human health.

Nutritionists also raise concerns that fat-soluble nutrients like vitamin A disappear with the cream. So by drinking low- or no-fat milk, we miss out on these nutrients. They worry that children under two are becoming deficient in vital vitamins by being fed the same skimmed milk that their mothers are drinking.

Another issue is what our dairy cows have eaten. Recent research indicates that milk from cows that have grazed outdoors on mixed forage, such as grass, silage and clover, is significantly higher in omega-3 fatty acids, vitamin E, beta-carotene and antioxidants than cows reared indoors on a cereal and soya diet. However, these findings are disputed by bodies such as the UK's Food Standards Agency. To ensure your milk comes from grass-grazed cows, you'll normally need to buy organic.

With all these choices, and a bewildering array of scientific arguments, buying your dairy pint has never been trickier.

**THE  
BIG  
ISSUE**







## Romantic weekends for foodies

One of these gorgeous gourmet boltholes would make a lovely treat for the two of you this Valentine's Day

### The Trinity, Crown & Castle

Orford, Suffolk, 01394 450205, [crownandcastle.co.uk](http://crownandcastle.co.uk)

For honest, inspirational food and a haven to unwind, the Trinity (above) is hard to beat. Run by the dynamic Ruth Watson (of Channel 4's *Country House Rescue*), the menu includes the restaurant's hallmark Beef fillet carpaccio with Harry's Bar dressing & Parmesan, and Rump of Suffolk lamb with spiced aubergine ragout. Most of the fish is landed in Orford's picturesque harbour, a short stroll away. For pud, Ruth's Hot bitter chocolate mousse is legendary. Rooms are practical, comfy and quiet; try and bag one with a view of the castle next door.

**Cost** Three-course à la carte dinner, approx £35 per person.

Two-course dinner, bed & breakfast for two, from £170.\*

### The Scarlet Hotel

Mawgan Porth, Cornwall,  
01637 861800, [scarlethotel.co.uk](http://scarlethotel.co.uk)

This eco-hotel, woven into the cliffs near Newquay, has stunning design, unashamed luxury, a spa and superb food from chef Ben Tunncliffe. Many of the ingredients are sourced locally, and you can enjoy breathtaking bay views as you eat. Mains might be Roast loin of venison or Brill roasted on the bone. Puddings are equally tempting – think Honey & thyme roast peaches. After dinner, retire to your room and relax to the sound of the crashing waves.

**Cost** Three-course dinner, approx £42 per person. Dinner, bed and breakfast for two, £264.\*



### Green's of Whitby

Whitby, 01947 600 284,  
[greensofwhitby.com](http://greensofwhitby.com)

With its Gothic vibe, dramatic cliff walks and fishing traditions, Whitby is a great short-break getaway at any time of year. At Green's, run by Emma and Rob Green, the fish is bought directly from the boats – you'll see the names of the fishermen etched on the blackboard.

To start, try Rob's Salt & pepper squid and follow with the local halibut, or Green's fish pie served with a kipper salad. After dinner, it's a two-minute walk to the restaurant's stunningly converted fisherman's cottage by the quay.

**Cost** Three-course dinner, from approx £39 per person. The self-catering cottage starts from £250 for a two-night stay for two.\*



Make the  
most of  
Sevilles

## Fresh this month

Blink and you'll miss them – bitter Seville oranges are like asparagus in having a tantalisingly short season for around eight brief marmalade-making weeks in January and February. Knobbly and often misshapen, Seville oranges may not be great beauties, but their aromatic rinds and high pectin more than make up for their appearance, contributing to marmalade's bittersweet perfection.

Marmalade making became popular in Britain in the 17th century when citrus fruits first became plentiful – producing thick, sweet marmalade was an excellent way to preserve them. The name most likely comes from the Portuguese *marmelo*, meaning quince, but the word

marmalade soon became a general term for citrus preserves.

Happily, Sevilles freeze brilliantly. So if you don't have the time to make marmalade now, grab them while they're still in the shops and pop them into the freezer for up to three months, then defrost and use as fresh. See our super-quick recipe on p16. You'll then be able to savour the taste of the Spanish sunshine for the rest of the year.

If you're feeling competitive, you may like to enter The World's Original Marmalade Awards, to be judged at the Marmalade Festival at Dalemain House, in Penrith, Cumbria on 12-13 February. Entries must be received by 7 February. For more details, visit [marmaladefestival.com](http://marmaladefestival.com)

## Also good now

- Cabbage
- Carrots
- Cauliflower
- Cavolo nero
- Celeriac
- Chicory
- Curly kale
- Endive
- Forced rhubarb
- Hare
- Jerusalem artichokes
- Kohlrabi
- Leeks
- Mallard
- Onions
- Parsnips
- Partridge
- Pigeon
- Rabbit
- Swedes
- Swiss chard
- Turnips
- Woodcock



# Gregg's perfect pud



**Gregg Wallace**, BBC *MasterChef* judge, shares his recipe for a dessert everyone will love  
Photograph PETER CASSIDY

## Sticky toffee puddings

SERVES 4 • PREP 15 mins •

COOK 30 mins **Easy**

*These puddings are very forgiving and can be made ahead and reheated in their moulds or turned out onto a plate and reheated in the microwave.*

75g/2½oz dates, stoned and chopped  
75g/2½oz butter, softened, plus extra for greasing

50g/2oz light brown soft sugar

2 eggs

1 tsp vanilla extract

140g/5oz self-raising flour

1 tsp baking powder

### FOR THE SAUCE

150ml/¼pt double cream

75g/2½oz light brown soft sugar

25g/1oz butter

**1** Put the dates in a small saucepan and pour over 75ml water. Bring to a simmer and cook for 3-4 mins until the dates are mushy and have absorbed the water. Gently stir to blend.

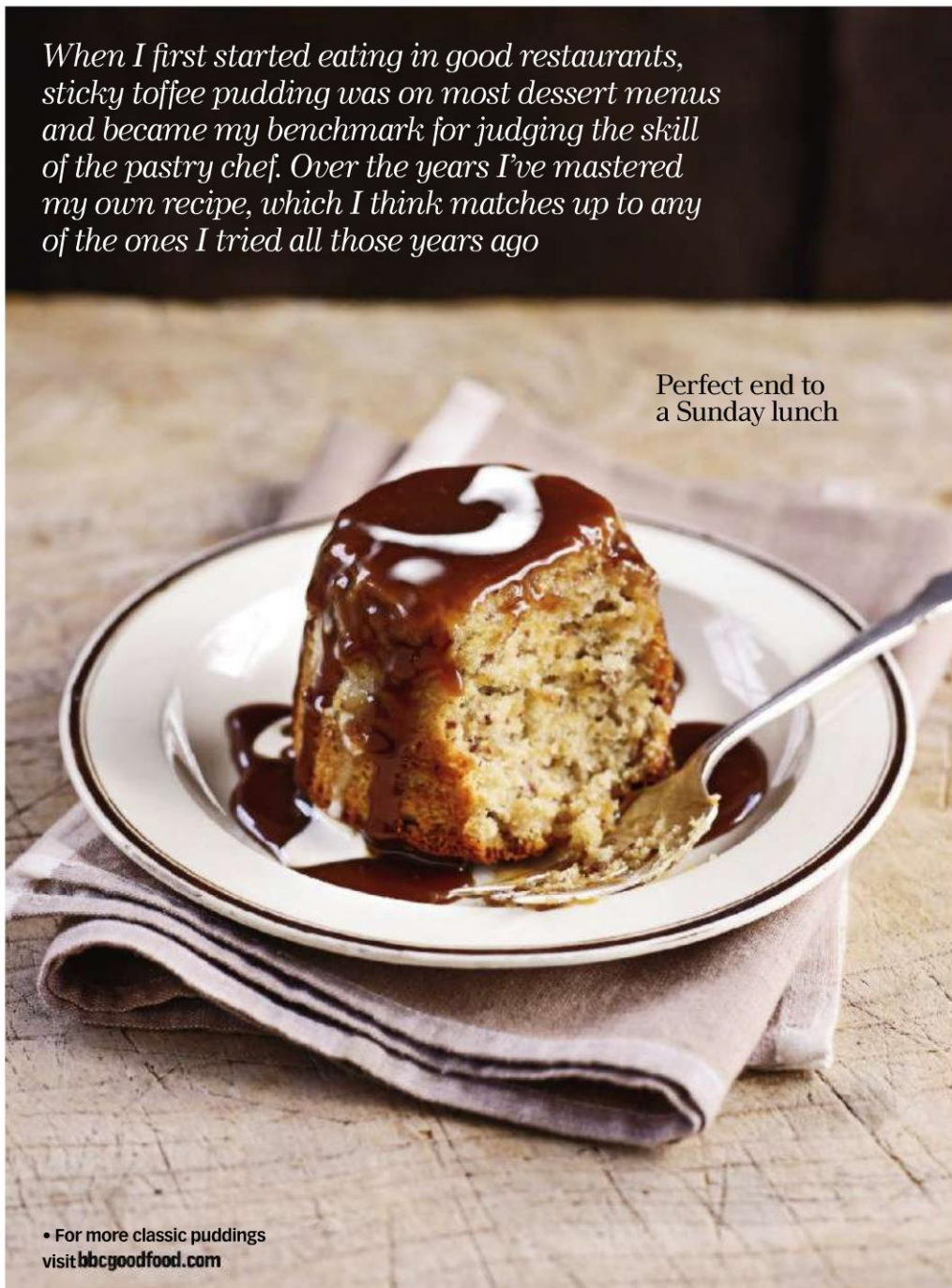
**2** Heat the oven to 180C/160C fan/gas 4. Grease and line the bases of 4 x 150ml pudding moulds. Cream the butter and sugar with an electric whisk until pale and fluffy. Gradually add the eggs and vanilla, then fold in the flour and baking powder. Mix in the blended date purée and divide between the moulds. Transfer to a roasting tin and pour enough boiling water in to reach halfway up the moulds. Cover the tin with foil and cook for 25 mins until risen and firm to the touch.

**3** Meanwhile, make the sauce. Pour half the cream and all the sugar and butter into a small, heavy-bottomed pan. Heat gently until sugar has dissolved, stirring often. Turn up the heat and bubble for 3-4 mins until the sauce is glossy and thick, then stir in the remaining cream. Re-heat the sauce when the puddings are cooked and serve poured on top.

PER SERVING 716 kcal, protein 8g, carbs 73g, fat 46g, sat fat 26g, fibre 2g, sugar 46g, salt 1.1g

*When I first started eating in good restaurants, sticky toffee pudding was on most dessert menus and became my benchmark for judging the skill of the pastry chef. Over the years I've mastered my own recipe, which I think matches up to any of the ones I tried all those years ago*

Perfect end to  
a Sunday lunch



• For more classic puddings  
visit [bbcgoodfood.com](http://bbcgoodfood.com)



# GoodFood

**In next month's issue**

**Everyday easy**

Feed the family for £5 ✱ Save money, cook in bulk

**Enjoy time in the kitchen**

Cakes & bakes ✱ Learn to joint a chicken ✱ Sunday lunch

**Great-value food for friends**

Perfect pork belly ✱ Homemade pizza ✱ Posh puds

**THE  
BUDGET  
ISSUE**

New ways  
with pancakes

**FREE**  
**COOKBOOK**  
**50 MONEYWISE**  
**RECIPES**

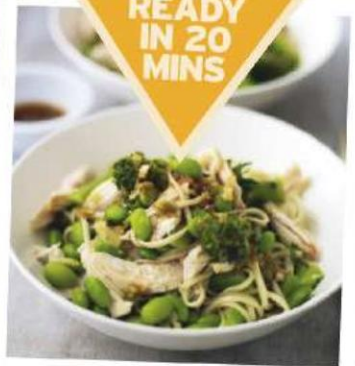
On sale from  
2 February



# Eat well all month



TRY THIS  
SIMPLE  
SUPPER  
READY  
IN 20  
MINS



Purple sprouting broccoli, chicken and noodle salad  
20 minutes ■ Serves 2 ■ EASY

purple sprouting broccoli 150g  
ramen noodles 50g  
edamame (soy beans) 100g,  
fresh or frozen  
tamari or soy sauce 1 tbsp  
mirin 2 tbsp  
toasted sesame oil 2 tsp  
ginger ½ tsp, grated  
spring onions 2, finely chopped  
cooked chicken breasts 2 small, shredded

- Boil the broccoli stems until tender, then rinse and drain in very cold water. If the stems are large, cut them in half lengthways.
- Cook the noodles following packet instructions, adding the edamame for the last minute and a half of cooking. Rinse well in cold water and drain thoroughly.
- Make a dressing by mixing the tamari, mirin, sesame oil, ginger and spring onion. Put the broccoli, noodles, edamame and chicken in a bowl. Pour over the dressing and toss together, adding some extra seasoning if you like.

## THE HEALTHY ISSUE

- ★ 30 meat-free dishes to cut out and keep
- ★ Low-fat puddings & delicious desserts
- ★ 30% off olive's hottest restaurants
- ★ Cool new food trends for 2011
- ★ Budget & blowout guide to Copenhagen

ON SALE  
5 February

**FREE** HEALTHY EATING BOOK!  
★ **25 SLIMMER DINNERS**

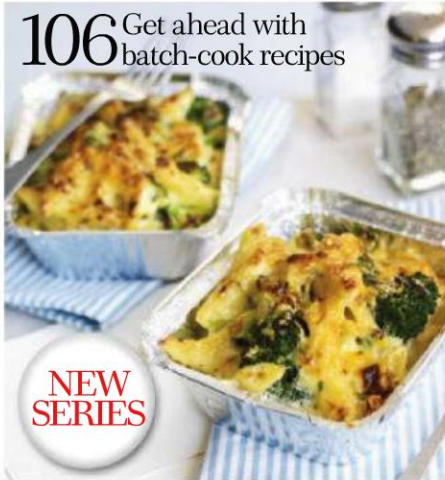




# Food for the weekend

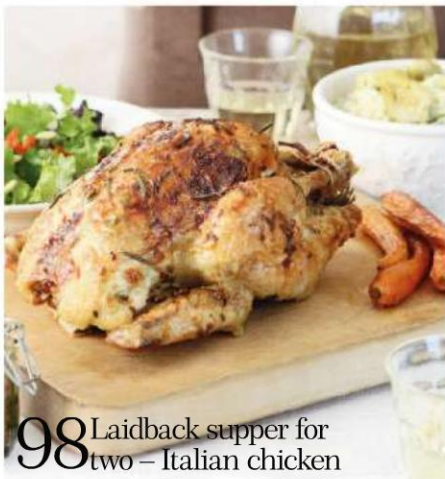
- Friday night tacos
- Slow-roast lamb
- Crisp pork belly

106 Get ahead with batch-cook recipes



NEW  
SERIES

92 Mary Berry's cakes for every occasion



98 Laidback supper for two – Italian chicken

Relaxed  
cooking for  
family and  
friends



100 Enjoy time in the kitchen: make a classic lasagne



# Cakes for any occasion



**Mary Berry**, a judge on the BBC's *Great British Bake Off*, shares four of her fabulous, foolproof recipes  
Photographs JEAN CAZALS



Stunningly simple

## Chocolate & vanilla marble loaf

SERVES 10 • PREP 30 mins •

COOK 1 hr-1hr 30 mins

**Easy** un-iced

*This loaf cake looks spectacular and feels really special. It easily slices into 10.*

**225g/8oz butter, softened, plus extra for greasing**

**225g/8oz caster sugar**

**275g/10oz self-raising flour**

**2 level tsp baking powder**

**4 large eggs**

**2 tbsp milk**

**½ tsp vanilla extract**

**1½ level tbsp cocoa powder**

**2 tbsp hot water**

### FOR THE ICING

**25g/1oz butter**

**15g/½oz cocoa powder, sifted**

**1-2 tbsp milk**

**100g/4oz icing sugar, sifted**  
**about 25g/1oz white chocolate, melted**

**1** Heat oven to 160C/140C fan/gas 3.

Lightly butter a 900g (2lb) loaf tin and line with a wide strip of non-stick baking parchment to go up the wide sides and over the base of the tin.

**2** Measure the butter, sugar, flour, baking powder, eggs, milk and vanilla extract into a large bowl and beat with a hand-held electric mixer for about 2 mins, until well blended. Spoon half the mixture into another bowl and set aside.

**3** In a small bowl, mix the cocoa powder and hot water together until smooth. Allow to cool slightly, then add to one of the bowls of cake mixture, mixing well until evenly blended.

**4** Spoon the vanilla and chocolate cake mixtures randomly into the prepared tin until all of the mixture is used up, and gently level the surface. Bake for 50 mins-1 hr, until the cake is well risen, springy to the touch and beginning to shrink away from the sides of the tin. Allow to cool in the tin for a few mins, then turn out onto a wire rack, peel off the lining paper and leave to cool completely.

**5** To make the icing, melt the butter in a small pan, add the cocoa powder, stir to blend and cook gently for 1 min. Stir in the milk and icing sugar, then remove from the heat and mix thoroughly. If necessary, leave the icing on one side, stirring occasionally, to thicken. Spread the cold cake evenly with the icing, then drizzle the melted white chocolate over the top. Leave to set.



*There really is nothing to beat a homemade cake, but they're not just for teatime. Cakes can also be a dessert or served for a special occasion. Some cakes are best eaten freshly baked, while others improve on freezing or keeping, and while we all love the great classics, we love modern favourites, too*



American apple & apricot cake  
(see recipe overleaf)





Something for the cake tin

### Classic sticky gingerbread

MAKES 16 pieces • PREP 15 mins •  
COOK 50 mins

Easy

*This keeps and freezes extremely well. Sometimes you get a dip in the middle of the gingerbread, which indicates that you have been a bit heavy-handed with the syrup and treacle. Don't worry – it just means it tastes even more moreish!*

225g/8oz butter, plus extra for greasing  
225g/8oz light muscovado sugar  
225g/8oz golden syrup  
225g/8oz black treacle  
225g/8oz self-raising flour  
225g/8oz wholemeal self-raising flour  
4 level tsp ground ginger  
2 large eggs  
300ml/½pt milk

- 1 Heat oven to 160C/140C fan/gas 3. Cut a rectangle of non-stick baking parchment to fit the base and sides of a traybake or roasting tin (30 x 23 x 4cm/12 x 9 x 1½in). Lightly grease the tin, then line it with the paper, pushing it neatly into the corners.
- 2 Measure the butter, sugar, golden syrup and treacle into a medium pan and heat gently until the mixture has melted, stirring occasionally. Allow to cool slightly.
- 3 Put the flours and ground ginger into a large mixing bowl and stir together lightly. Beat the eggs into the milk. Pour cooled butter and syrup mixture into the flour with the egg and milk mixture and beat with a wooden spoon until smooth. Pour the mixture into the prepared tin and tilt gently to level the surface.
- 4 Bake for about 50 mins, until well risen, golden and springy to the touch. Allow the gingerbread to cool a little in the tin, then turn out onto a wire rack and leave to cool completely. Cut into squares.



### American apple & apricot cake

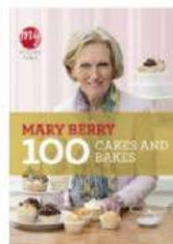
SERVES 8 • PREP 15 mins •  
COOK 1 hr 15 mins-1 hr 30 mins

Easy

*This is a new version of a cake that has been a favourite with my family for many years. It can be served with coffee, or as a dessert, and is best eaten warm.*

150g/5oz butter, melted, plus extra for greasing  
250g/9oz self-raising flour  
1 level tsp baking powder  
225g/8oz caster sugar  
2 large eggs  
½ tsp almond extract  
225g/8oz cooking apples, peeled, cored and thickly sliced  
100g/4oz ready-to-eat dried apricots, snipped into pieces  
25g/1oz flaked almonds

- 1 Heat oven to 160C/140C fan/gas 3. Lightly grease and line the base of a deep, round, loose-based 20cm/8in cake tin with non-stick baking parchment.
- 2 Measure the flour, baking powder, sugar, eggs, almond extract and melted butter into a large bowl. Mix to combine, then beat for 1 min. Add the apples and apricots to the bowl, and gently mix in.
- 3 Spoon the mixture into the prepared tin, gently level the surface and sprinkle with the flaked almonds.
- 4 Bake for 1-1½ hrs, until the cake is golden, firm to the touch and beginning to shrink away from the sides of the tin. Allow to cool in the tin for a few mins, then turn out onto a plate to serve.



Recipes extracted from *Mary Berry 100 Cakes and Bakes* (£7.99, BBC Books)



**Lemon drizzle traybake**

Makes 30 squares ■ PREP 15 mins ■  
COOK 35-40 mins

**Easy** ■ un-iced

*This really is a winner. It's always moist and crunchy. The cake must still be warm when the topping is added so that it absorbs the lemon syrup easily, leaving the sugar on top. Do allow the cake to cool a little, though – if it is too hot, the syrup will tend to run straight through.*

**225g/8oz butter, softened, plus extra for greasing**

**225g/8oz caster sugar**

**275g/10oz self-raising flour**

**2 level tsp baking powder**

**4 large eggs**

**4 tbsp milk**

**finely grated zest of 2 lemons**

**FOR THE CRUNCHY TOPPING**

**175g/6oz granulated sugar**

**juice of 2 lemons**

**1** Heat the oven to 160C/140C fan/gas 3. Cut a rectangle of non-stick baking parchment to fit a traybake or roasting tin (30 x 23 x 4cm/12 x 9 x 1½in). Grease the tin, then line with the paper, pushing it neatly into the corners.

**2** Measure all the ingredients for the traybake into a large bowl and beat for about 2 mins, until well blended. Turn the mixture into the tin, scraping the sides of the bowl with a plastic spatula to remove all of the mixture. Level the surface gently with the back of the spatula.

**3** Bake for 35-40 mins, until the traybake

springs back when pressed lightly with a finger in the centre and is beginning to shrink away from the sides of the tin. Allow to cool in the tin for a few mins, then lift the cake out of the tin still in the lining paper. Carefully remove the paper and put the cake onto a wire rack placed over a tray (to catch drips of the topping).

**4** To make the crunchy topping, mix the sugar and lemon juice in a small bowl to give a runny consistency. Spoon this mixture evenly over the traybake while it is still just warm. Leave to cool completely before cutting into pieces.



Irresistible crunchy topping





Everyone loves pick-and-mix suppers, and it's such a relaxed way to eat on a Friday. This Mexican feast is fast, fun and there's something to suit everyone **BARNEY DESMAZERY** Food editor

# The Mex factor

Friday  
night with  
friends



## Tex-Mex beef tacos

SERVES 6 • PREP 5 mins, plus standing •  
COOK 20 mins **Easy** **Good for you**

500g pack lean minced beef  
1 tbsp sunflower oil  
4 garlic cloves, crushed  
1½ tbsp dried oregano  
2 tsp ground cumin  
2 tsp paprika  
pinch chilli flakes  
24 taco shells

Heat a large frying pan until very hot, then brown the mince. Remove, then season with salt and pepper. Add the oil to the pan and fry the garlic, oregano and spices for 1 min until fragrant. Return the beef to the pan and toss well, then cook for 2-3 mins until hot through. Warm the taco shells following the pack instructions and serve with the beef.

PER SERVING 383 kcals, protein 22g, carbs 29g, fat 21g, sat fat 4g, fibre 2g, sugar 1g, salt 1.17g

## ADD EXTRAS

As well as these easy recipes, serve any of the following to pile onto tacos:

- Grated cheddar cheese
- Shredded iceberg lettuce
- Jalapeño chillies
- Soured cream
- Roughly chopped coriander leaves
- Sliced red onion
- Lime wedges, for squeezing

## WHAT TO DRINK

For a quick taste of Mexico, bring on Corona beer, 4.6% (from £6.87/6 x 330ml, widely available) – serve chilled with a wedge of lime.

Or make up margaritas: for each serving, shake 50ml Tequila, 15ml Triple Sec, 25ml lime juice and ice with 5ml sugar syrup (heat and stir equal parts caster sugar and water until sugar dissolves, then leave to cool).

Strain into a glass on which the rim has been dipped first into lime juice, then rock salt.

**Look out for more simple Friday night food in next month's issue**

## Easy BBQ beans

SERVES 6 Easily doubled • PREP 5 mins •  
COOK 20 mins **Easy** **Superhealthy**

These make a great side dish with the tacos, or use as a veggie alternative to the beef.

1 tbsp olive oil  
1 onion, thinly sliced  
2 garlic cloves, chopped  
2 tbsp white or red wine vinegar  
1 heaped tbsp soft brown sugar  
400g tin pinto beans, drained and rinsed  
400ml tub passata  
1 tsp Worcestershire sauce  
small bunch coriander, chopped

Heat the oil in a small pan. Fry onion until starting to brown, then add garlic and cook for 1 min. Add vinegar and sugar and cook until onions are caramelised. Stir in beans, passata, Worcestershire and seasoning and simmer for 10-15 mins until thickened. Stir through coriander and serve.

PER SERVING 118 kcals, protein 5g, carbs 21g, fat 2g, sat fat none, fibre 4g, sugar 7g, salt 0.37g

## Chunky tomato & avocado salsa

SERVES 6 • PREP 10 mins • NO COOK  
**Easy** **Superhealthy**

This doubles up as both the guacamole and the tomato salsa element of the meal.

½ red onion, finely chopped  
1 small red chilli, seeded and chopped  
3 ripe tomatoes, chopped  
juice 1 lime  
1 tbsp white wine vinegar  
2 avocados  
small bunch coriander, chopped

In a medium bowl, combine the onion, chilli, tomatoes, lime and vinegar with some seasoning and mix well. *Can be made a few hours in advance and kept in the fridge.* When you're ready to eat, peel, stone and chop the avocados and add them to the salsa mix along with the coriander. Serve immediately.

PER SERVING 97 kcals, protein 1g, carbs 3g, fat 9g, sat fat 1g, fibre 2g, sugar 2g, salt 0.02g

## Crunchy corn & pepper salsa

SERVES 6 • PREP 10 mins • NO COOK  
**Easy** **Superhealthy**

1 bunch spring onions, chopped  
140g/5oz frozen sweetcorn, defrosted  
1 red pepper, seeded and finely chopped  
**FOR THE DRESSING**  
1 tbsp olive oil  
1 tbsp honey  
1 garlic clove, crushed  
1 tsp ground cumin  
juice 1 lime

Stir all the dressing ingredients together in a medium bowl with some salt and pepper. Toss in the spring onions, sweetcorn and finely chopped red pepper. *Can be made up to a day in advance and chilled.* Let the salsa stand at room temperature for about 20 mins before serving.

PER SERVING 60 kcals, protein 2g, carbs 8g, fat 3g, sat fat none, fibre 1g, sugar 4g, salt 0.01g



Easy BBQ  
beans

Tex-Mex beef tacos

Crunchy corn &  
pepper salsa

Chunky tomato &  
avocado salsa



# Kitchen supper for two



This Italian-inspired roast chicken couldn't be easier, but the result is really special, and the cooking aromas heavenly. While it's in the oven, enjoy a glass of wine and some simple nibbles JENNIFER JOYCE, Food writer



## START WITH DELI COUNTER NIBBLES

**Easy antipasti** While the chicken roasts, make an instant antipasti platter with bits such as:

- olives
- sliced salami or prosciutto
- semi-dried tomatoes
- Parmesan
- marinated artichokes
- Peppadew (pickled peppers)
- caperberries
- breadsticks

## Rosemary & lemon roast chicken

SERVES 2 • PREP 10 mins •  
COOK 1 hour 10 mins **Easy**

*If you like anchovies, try mashing a couple and adding them to the butter before stuffing it under the chicken skin.*

- 20g pack rosemary
- 3 tbsp butter
- 1 garlic clove, crushed
- 1 lemon, zested and then halved
- ½ small red chilli, deseeded and chopped
- 1.25kg/2lb 12oz whole chicken, preferably free-range
- 4 medium carrots

**1** Heat oven to 190C/170C fan/gas 5. Very finely chop 2 sprigs of the rosemary and mix with 2 tbsp of the butter and the garlic, lemon zest and chilli. Gently lift the skin away from the breast of the chicken and press the butter underneath on both sides. Rub the remaining butter on the outside of the chicken. Stuff the lemon inside the cavity.

**2** Place the chicken on a wire rack along with the carrots in a medium roasting tin. Season, then scatter with the remaining rosemary leaves. Roast the chicken for 1 hr 10 mins or until the juices run clear, then remove from the oven and let it rest for 10 mins before carving. Serve it on a board with the carrots and a bowl of the roasting juices.

PER SERVING 890 kJ, protein 80g, carbs 15g, fat 57g, sat fat 24g, fibre 4g, sugar 13g, salt 0.99g



## WINE NOTES

A gold medal winning Gavi slips down very easily: Taste the Difference Gavi DOCG 2009, 12.5%, £7.49, Sainsbury's, shows Italy at its elegant best with its fresh citrus and oatmeal appeal, and a clean, mineral finish, just right for the lemon chicken. Serve it cool.

## Artichoke, garlic & potato mash

SERVES 2 • PREP 15 mins •  
COOK 15 mins **Easy**

*Spruce up your usual mash with something a bit different. The garlicky artichoke hearts add a new and delicious twist.*

- 500g/1lb 2oz large red potatoes, chopped into 2.5cm chunks
- 4 tbsp butter
- 4 tbsp milk
- 2 tbsp chopped flat-leaf parsley
- 400g tin artichoke hearts, drained and sliced
- 1 tbsp olive oil
- 2 garlic cloves, crushed

**1** Place the potatoes in a large saucepan and cover with cold salted water. Bring to the boil and cook for 15 mins or until tender, then drain. Return to pan and add butter, milk and some seasoning. Mash until light and fluffy. Stir in the parsley.

**2** While the potatoes are cooking, pat the artichoke slices dry with kitchen paper. Heat the olive oil in a medium frying pan. Cook the garlic for 1 min, then add the artichoke hearts and some seasoning. Cook for 5 mins until golden and crisp. Mash the cooked artichokes into the potatoes, reserving a few for the top, and warm through again on low heat until piping hot. Serve with the rest of the artichokes on top alongside the chicken.

PER SERVING 520 kJ, protein 10g, carbs 53g, fat 30g, sat fat 17g, fibre 7g, sugar 5g, salt 1.21g

## WHIP UP A FEW EXTRAS

### Quick Italian salad

Toss a couple of large handfuls crisp salad leaves with a few Peppadew peppers from a jar and some sliced black olives. Top with a few tbsp toasted pine nuts and dress with olive oil and red wine vinegar.

### Speedy salsa verde

Chop a handful of flat-leaf parsley. Mix with 1 tbsp capers, 1 finely sliced shallot, 1 tbsp balsamic vinegar and 2 tbsp extra virgin olive oil, plus a little seasoning.

• Look out for next month's special recipe for two **Crispy Mongolian lamb**



Perfectly roasted chicken  
– always a treat





# Make a classic lasagne



## Lasagne

SERVES 8 • PREP 1 hr plus milk infusing •  
COOK 3 hrs 10 mins

**Easy** best uncooked, but can be cooked

3 tbsp olive oil  
2 celery sticks, finely chopped  
1 onion, finely chopped  
1 carrot (about 100g/4oz), finely chopped  
3 garlic cloves, crushed  
140g pack cubetti di pancetta  
500g pack beef mince (we used 10% fat)  
500g pack pork mince or British veal mince  
200ml/7fl oz milk  
2 x 400g cans chopped tomatoes  
2 bay leaves  
1 rosemary sprig  
2 thyme sprigs  
2 tsp dried oregano  
2 beef stock cubes  
500ml/18fl oz red wine  
about 400g/14oz dried pasta sheets  
50g/2oz Parmesan, finely grated  
**FOR THE BECHAMEL SAUCE**  
1.5 litres/2½pts milk  
1 onion, thickly sliced  
3 bay leaves  
3 cloves  
100g/4oz butter  
100g/4oz plain flour  
good grating of fresh nutmeg



**1** First infuse the milk for the béchamel sauce. Put the milk, onion, bay and cloves into a large saucepan and bring very gently just up to the boil. Turn off the heat and set aside for 1 hr to infuse.

**2** For the meat sauce, put the oil, celery, onion, carrot, garlic and pancetta in another large saucepan. Gently cook together until the veg are soft but not coloured. Tip in all the mince, the milk and tomatoes. Using a wooden spoon, stir together and break up and mash the lumps of mince against the sides of the pan (step A). When the mince is mostly broken down, stir in all the herbs, the stock cubes and wine, and bring to a simmer. Cover and cook for 1 hr, stirring occasionally to stop the bottom catching. Uncover and gently simmer for another 30 mins-1 hr until the meat is tender and saucy. Taste and season.

**3** To finish the béchamel, strain the milk through a fine sieve into one or two jugs. Melt the butter in the same pan then, using a wooden spoon, mix in the flour and cook for 2 mins. Stir in the strained milk, a little at a time – the mix will thicken at first to a doughy paste, but keep going, adding milk gradually to avoid lumps (step B). When all the milk is in, bring to a gentle simmer, stirring constantly (if you have lumps, give it a quick whisk). Gently bubble for a few mins until thickened. Season with salt, pepper and nutmeg.

**4** Heat oven to 180C/160C fan/gas 4. Spread a spoonful of the meat sauce over the base of a roughly 3.5 litre baking dish. Cover with a single layer of pasta sheets, snapping them to fit if needed, then top with a quarter of the béchamel (step C). Spoon over a third of the meat sauce and scatter over a little Parmesan. Repeat the layers – pasta, béchamel, meat and Parmesan – two more times to use all the meat sauce. Add a final layer of pasta, the last of the béchamel and remaining Parmesan. Sit the dish on a baking tray to catch spills and bake for 1 hr until bubbling, browned and crisp on top.

PER SERVING 794 kcals, protein 48g, carbs 63g, fat 38g, sat fat 17g, fibre 4g, sugar 16g, salt 2.74g

## MAKE IT DIFFERENT

- Add a thin layer of ham on top of each layer of béchamel sauce.
- Swap the carrot for 2 finely chopped fennel bulbs to add an aniseed note to the meat sauce.

## PREPARE AHEAD AND FREEZE

Assemble the lasagne completely, then cool. Wrap well in cling film and freeze for up to 3 months.

Transfer to the fridge 48 hrs before you want to cook it to defrost, then bake as directed, checking after 1 hr in case it needs an extra 10-15 mins. (If you've frozen any leftovers, defrost in the fridge, then reheat in the microwave until piping hot).





*One of my favourite things to cook if I have a whole day to myself is a proper lasagne. No shortcuts or cheats, it's as satisfying and rewarding to make as it is to eat at the end – I promise! And with something like this there's no point in doing it by halves, so if you're not feeding a crowd and don't fancy leftovers the next day, make it in two smaller dishes and stick one in the freezer for another time*

SARAH COOK, Deputy cookery editor



Well worth the effort



# Saturday night with friends

**Sarah Cook's** menu is perfect for this time of year, it looks impressive, but is deceptively simple. A leg of lamb makes a fantastic, fuss-free main course for a dinner party packed with Middle-Eastern flavours

Slow-roast lamb with cinnamon, fennel & citrus

## On the menu

### To serve 6

- Easy mezze
- Slow-roast lamb with cinnamon, fennel & citrus
- Crunchy potatoes with dill & onions
- Herb salad with pomegranate & pistachios
- Almond & honey pastries with orange cream
- Honeyed orange & grapefruit





Crunchy potatoes  
with dill & onions



Herb salad with  
pomegranate  
& pistachios







Cheat a little with this stress-free starter

### Easy mezze

SERVES 6 • PREP 20 mins •  
COOK see packs **Easy**

*Good quality ready-prepared items from the supermarket make this the easiest ever starter*

- 6 flatbreads or 9 pittas
- tub of houmous
- 1 tbsp toasted sesame seeds
- little olive oil
- tub of olives
- 2-3 heads chicory
- Any Middle Eastern or Turkish-style nibbles you like (we used Spinach falafel from Waitrose and Butternut squash parcels and Koftas from Marks & Spencer)
- FOR THE FETA DIP
- 200g pack feta
- 200g/7oz Greek yogurt (buy a 500g tub – you'll use the rest for pud)
- few dill leaves

**1** To make the dip, whizz the feta and yogurt in a food processor until smooth, then scrape into a serving bowl and chill.  
**2** To serve, warm flatbreads or pitta and cook any nibbles, following pack instructions. Scrape houmous into a serving dish, scatter with the seeds and drizzle with oil. Scatter feta dip with chopped dill and a little black pepper. Separate chicory leaves and serve everything in the middle of the table.  
PER SERVING 606 kcs, protein 20g, carbs 58g, fat 35g, sat fat 10g, fibre 6g, sugar 6g, salt 4.16g

### WINE NOTES

Chilean Syrah is a fine match for the lamb: the pure, sweet, blackcurrant fruit and floral aromas make Tamaya Reserve Syrah 2009, 13.5%, from the Limari Valley, very appealing. Down to £7.99 from £9.99 in a mixed 12-bottle case. Also from Limari is Cantavida's Single Vineyard Late Harvest 2008, 14%, £6.79/50cl, down from £8.49 in a mixed case, a sumptuous and musky aromatic sweet wine for dessert. Both from Oddbins.



### Slow-roast lamb with cinnamon, fennel & citrus

SERVES 6 • PREP 15 mins plus overnight marinating plus resting • COOK 4 hrs 20 mins **Easy**

- 1 leg of lamb
- zest and juice 1 lemon and 1 orange
- 4 tbsp olive oil
- 2 tbsp clear honey
- 1 tbsp each of cinnamon, fennel seeds, ground cumin
- 3 garlic cloves, crushed

**1** Put the lamb into a large food bag with all the juice and marinate overnight.  
**2** The next day, take the lamb out of the fridge 1 hr before you want to cook it. Heat oven to 220C/200C fan/gas 7. Take the lamb out of the marinade (reserve remaining marinade) and pat dry. Rub with half the oil and roast for 15-20 mins until browned. Remove lamb and reduce oven to 160C/140C fan/gas 3.  
**3** Mix the zests, remaining oil, honey, spices and garlic with plenty of seasoning. Lay a large sheet of baking parchment on a large sheet of foil. Sit the lamb leg on top, rub all over with the paste and pull up the sides of the foil. Drizzle marinade into base, and scrunch foil to seal.  
**4** Roast for 4 hrs, until very tender. Rest, still wrapped, for 30 mins. Unwrap and serve with juices.

PER SERVING 514 kcs, protein 50g, carbs 8g, fat 32g, sat fat 13g, fibre 0g, sugar 5g, salt 0.29g

### TASTE TEAM COMMENT

'I was intrigued to see how this would turn out. The meat was melt-in-your-mouth and fell off the bone. You could taste all the different flavours and I was amazed how well the citrus flavours went with the lamb – they weren't something I would have thought about using before.' GEMMA



### Herb salad with pomegranate & pistachios

SERVES 6 • PREP 15 mins • NO COOK **Easy** Good for you

- juice 1 orange
- 3 tbsp red wine vinegar
- 1 tbsp clear honey
- small bunch dill, very roughly chopped
- small bunch mint, picked and torn
- bunch spring onions, finely sliced
- 100g bag mixed salad leaves
- 120g tub pomegranate seeds (or seeds from 1 pomegranate)
- 100g bag pistachios, roughly chopped

Mix the juice, vinegar and honey with seasoning. Tip rest of the ingredients into a large mixing bowl, drizzle over the dressing and gently toss to serve.

PER SERVING 131 kcs, protein 4g, carbs 8g, fat 9g, sat fat 1g, fibre 1g, sugar 8g, salt 0.01g

### Crunchy potatoes with dill & onions

SERVES 6 • PREP 20 mins • COOK 40 mins **Easy** **Superhealthy** Good source of vit C

- 1.5kg/3lb 5oz Desirée potatoes, cut into roughly 1in chunks
- 3 tbsp olive oil
- 1 onion, as thinly sliced as you can
- small bunch dill, roughly chopped

**1** Bring a large pan of salted water to the boil. Add spuds, bring back to the boil, then cook for 3 mins. Drain really well, leave in the colander for 10 mins to steam dry. Toss with the oil, onion and seasoning in a large roasting tin.  
**2** When the lamb is done, turn the oven up to 220C/200C fan/gas 7 and put in the potatoes. Roast for 30 mins, stirring halfway, until golden and crunchy. Stir in the dill and put back in the oven for 5 mins, then serve.

PER SERVING 244 kcs, protein 6g, carbs 45g, fat 6g, sat fat 1g, fibre 4g, sugar 3g, salt 0.05g



## Almond & honey pastries with orange cream

MAKES 12-16 • PREP 45 mins •

COOK 15 mins

**Moderately easy** uncooked

200g/7oz whole blanched almonds,  
toasted and roughly chopped  
85g/3oz icing sugar, plus extra to serve  
85g/3oz butter, melted  
2 tsp orange blossom water  
1 tsp cinnamon  
1 egg yolk  
190g pack brik pastry (see box, below)  
clear honey, to serve  
**FOR THE CREAM**  
zest 1 orange (use orange from salad)  
300g/11oz Greek yogurt  
300ml tub double cream  
2 tbsp icing sugar, sifted

**1** Set aside a quarter of the almonds. Put the rest in a food processor with the icing sugar, half the butter, orange blossom water, cinnamon and egg yolk. Whizz to a paste. Scrape into a bowl and stir in most of the remaining chopped nuts.

**2** Unroll one sheet of brik pastry at a time, brush all over with melted butter and halve into 2 semi-circles. Shape 1 heaped tbsp of the nut mixture to look like a thin wedge shape along half the pastry edge you've just cut (leaving 2.5cm border on the rounded side), so it looks as if you're cutting the semi-circle of pastry into pieces like a cake. Roll up like a pastry cone, sealing the nut mixture inside, then brush all over with more butter and fold over the open, wide end to seal. Sit on a baking tray, end flap side down to help it stay closed, and repeat until nut mixture is used up. Cover with cling film and chill. Put zest, yogurt, cream and icing sugar in a mixing bowl. Cover and chill.

**3** Turn oven to 200C/180C fan/gas 6 when the crunchy potatoes come out. When you've finished the main course, put the pastries in and bake for 15 mins until golden and crisp. Just before they're ready, beat together the yogurt mixture until thick. Pile pastries onto a serving dish, drizzle with honey and scatter with remaining nuts. Serve with the orange cream, and alongside the Honeyed orange & grapefruit (see right).

PER SERVING 397 kcals, protein 7g, carbs 21g, fat 32g, sat fat 14g, fibre 2g, sugar 13g, salt 0.26g

### BRIK PASTRY

This is similar to filo but crispier and easier to work with. It comes in round sheets from Waitrose. You can use filo if you need to – cut into 15cm wide strips, add a thin sausage of nut mixture to the strip end, then fold over the edges and roll up like a cigar.

Prepare-ahead pud to serve with coffee, dessert wine or fresh mint tea

### Honeyed orange & grapefruit

SERVES 6 • PREP 10 mins • NO COOK

**Easy** **Superhealthy** Counts as 1 of 5-a-day, good source of vit C

3 oranges

1 pink grapefruit or pomello

1 red grapefruit

2 tbsp clear honey

1-2 tbsp orange blossom water

Zest 1 orange for cream (see left), then top and tail all the oranges and grapefruits. One at a time, sit each on a board and using a small, sharp serrated knife slice away the peel and pith. Thinly slice into rounds. Arrange on a platter, drizzle over honey and orange blossom water, and set aside at room temperature, loosely covered with cling film until ready to serve. Serve with the pastries and orange cream.  
PER SERVING 66 kcals, protein 2g, carbs 16g, fat none, sat fat none, fibre 2g, sugar 16g, salt 0.02g



NEW  
SERIES  
Batch  
cooking

# Time to get ahead



*I know many  
of you like to  
get organised  
at the weekend,*

*cooking in bulk and  
stocking up your freezer  
so you can still enjoy  
home-cooked meals on  
busy nights. Use any  
spare time to make one,  
or all, of my four new  
recipes and you'll reap  
the benefits in the week*

LUCY NETHERTON, Cookery assistant

## MAKE YOUR FREEZER WORK FOR YOU

- ❖ We usually recommend that you keep food frozen for no longer than three months, however check individual recipes for specific advice.
- ❖ It's a bit of a chore but it's worth labelling everything with what it is, the date and the number of portions it contains. Although you may think you'll remember, a few months down the line you'll be defrosting surprises!
- ❖ All foods need to be cooled completely before freezing. Otherwise you run the risk of partially defrosting already frozen food in your freezer.
- ❖ Most dishes work best defrosted before re-heating, but some can be successfully cooked from frozen – again, check specific recipes.
- ❖ Have a clearout of your freezer every few months. It's easy to forget what you've got – keeping it organised will make sure that you use up all the meals you have.



## Pork goulash with herby dumplings

SERVES 10 PREP 25 mins

COOK 1½ hrs **Easy**

*Goulash makes a great freezer standby – just the job when you're pushed for time, but want the comfort of a stew.*

2 tbsp olive oil

1.5kg/3lb 5oz pork tenderloin, cut into strips

2 onions, cut into thin wedges

4 garlic cloves, crushed

1-2 tbsp smoked paprika

500ml/18fl oz beef stock

2 x 400g cans chopped tomatoes

1 tbsp sugar

3 peppers, chopped

### FOR THE DUMPLINGS

250g/9oz self-raising flour

140g/5oz shredded suet

1½ tsp baking powder

small bunch oregano, most leaves chopped

**1** Heat half the oil in a large frying pan and fry the pork for 4-5 mins until browned. Once done, remove and set aside. You may need to do this in batches. Use remaining oil to fry the onions for 8-10 mins until soft and starting to brown. Then add the garlic and paprika, and cook for 1-2 mins more. Return the pork to the pan and pour in the stock, tomatoes and sugar. Bring to the boil, then turn down and simmer for 20-30 mins until the sauce has thickened.

**2** To make the dumplings, combine all the ingredients, apart from the oregano leaves, with enough cold water to make a scone-like dough. Roll into approximately 30 walnut-size balls. Stir the peppers into the goulash. Tuck in the dumplings, cover the pan with a lid and cook for 25-30 mins until the dumplings are puffed up. Allow to cool and freeze for up to 2 months, or serve scattered with reserved oregano and some soured cream.

**3** If frozen, defrost then re-heat in the microwave on medium for 4-6 mins for a single portion, and longer for larger servings or gently on the hob, covered, until piping hot.

PER SERVING 476 kJ, protein 38g, carbs 27g, fat 25g, sat fat 10g, fibre 2g, sugar 5g, salt 0.84g

❄️ A family supper is most convenient frozen in a pan that can go straight onto the hob, but it might need 48 hours defrosting in the fridge. Use microwavable plastic containers for individual portions, as these can be both defrosted and reheated quickly in the microwave.





❄️ This bake will freeze for up to 3 months. Try using individual foil trays so you don't lose all your ovenproof dishes to the freezer.

## Cheesy broccoli pasta bake

SERVES 6-8 • PREP 10 mins •  
COOK 30 mins **Easy** **4** **V**

*This recipe is so versatile – use up whatever dried pasta you have in your storecupboard and adapt the sauce to suit your tastes. Try adding fried bacon or leftover roast chicken.*

**1 litre/1¾ pints milk**  
**2 garlic cloves, bashed**  
**2 bay leaves**  
**500g/1lb 2oz dried pasta**  
**350g/12oz broccoli, in small florets**  
**75g/2½oz butter**  
**75g/2½oz plain flour**  
**a little freshly grated nutmeg**  
**1 tsp mustard powder**  
**small bunch parsley, roughly chopped**  
**200g cheese, grated (cheddar, Parmesan, Gruyère, or a mixture)**

**1** Bring the milk, garlic and bay leaves to the boil in a small saucepan, then remove from the heat and leave to infuse. Cook the pasta to al dente following pack

instructions (if you're freezing, cook for 1 min less), adding the broccoli for the final 2 mins. Drain.

**2** Strain the milk into a jug. Heat the butter in the pan until foaming then stir in the flour for 1 min. Add the milk a little at a time, stirring or whisking constantly to remove any lumps. Bubble for 1-2 mins, stirring constantly until you have a thick, lump-free sauce.

**3** Remove from the heat and stir in some nutmeg, the mustard powder, parsley, three-quarters of the cheese and seasoning. Combine with the pasta and broccoli and transfer to one large, or individual, heatproof dishes. Scatter over the remaining cheese and cool and freeze, or heat the grill to high and cook for 2-3 mins until golden and bubbling. If frozen, defrost in the fridge overnight, then cook at 200C/180C fan/gas 6 for 30-40 mins until piping hot.

PER SERVING 667 kcals, protein 28g, carbs 82g, fat 27g, sat fat 16g, fibre 5g, sugar 11g, salt 0.98g



## Italian vegetable soup

SERVES 8 • PREP 15 mins • COOK 30 mins

**Easy** **4** **V** **Superhealthy** Good source of vit C, counts as 2 of 5-a-day, low fat  
*This hearty soup, packed with vegetables, is a meal in itself.*

**2 each of onions and carrots, chopped**  
**4 sticks celery, chopped**  
**1 tbsp olive oil**  
**2 tbsp sugar**  
**4 cloves garlic, crushed**  
**2 tbsp tomato purée**  
**2 bay leaves**  
**few sprigs thyme**  
**3 courgettes, chopped**  
**400g can butter beans, drained**  
**400g can chopped tomatoes**  
**1.2 litres/2 pints vegetable stock**  
**100g/4oz Parmesan or vegetarian equivalent, grated**  
**140g/5oz small pasta shapes**  
**small bunch basil, shredded**

**1** Gently cook the onion, carrots and celery in the oil in a large saucepan for 20 mins, until soft. Splash in water if they stick. Add the sugar, garlic, purée, herbs and courgettes and cook for 4-5 mins on a medium heat until they brown a little.

**2** Pour in the beans, tomatoes and stock, then simmer for 20 mins. If you're freezing it, cool and do so now. If not, add half the Parmesan and the pasta and simmer for 6-8 mins until pasta cooked. Sprinkle with basil and remaining Parmesan to serve. If frozen, defrost then re-heat before adding pasta and cheese and continuing as above.

PER SERVING 215 kcals, protein 11g, carbs 30g, fat 6g, sat fat 3g, fibre 5g, sugar 12g, salt 1.06g





❄️ Open-freeze your fish cakes on a tray until just frozen, then wrap well individually in cling film to prevent freezer burn. Or stack in a freezer container between sheets of baking parchment. They'll keep for 3 months.

## Classic chunky fish cakes

MAKES 12 • PREP 40 mins • COOK 40 mins

**Easy** **Superhealthy** Heart healthy, good source of omega-3, low fat

*Fish cakes are a great freezer staple as they are ready portioned so you can defrost as many as you need. If you fancy a bit of spice, add 1-2 tbsp of your favourite curry paste to the mix and swap the herbs for a large handful of chopped coriander.*

**1kg/2lb 4oz potatoes, peeled and chopped**

**1kg/2lb 4oz mix salmon and coley fillets**

**zest and juice 1 lemon**

**bunch each dill, chives, parsley and spring onions, chopped**

**4 tbsp tartar sauce, plus extra to serve if you like**

**3 eggs, beaten**

**100g/4 oz plain flour**  
**250g/9oz breadcrumbs**  
**2 tbsp olive oil**

**1** Cover the potatoes in cold, salted water and bring to the boil. Turn down to a simmer and cook for 10-12 mins until tender. Drain and steam dry for a few mins, then mash and set aside to cool a little. Meanwhile, cook the fish. Cover in cold water and the lemon juice, bring to a gentle simmer, then poach for 5 mins (depending on the thickness of the fish) until just cooked through. Remove from the water, get rid of the skin and flake into large chunks.

**2** Put the lemon zest, herbs, spring onions, tartar sauce and some seasoning into a large bowl with the fish and the potatoes. Combine all the ingredients,

then divide into 12 and shape into cakes.

**3** Put the eggs, flour and breadcrumbs on three plates. Dip each of the fish cakes in flour, pat off any excess, then dip in the egg. Finally, coat in the breadcrumbs and transfer to a clean plate or baking tray lined with parchment paper. Repeat with the remaining fish cakes. You can freeze the fish cakes now, or chill for 1-2 days.

**4** To cook, heat the grill to medium. Brush the fish cakes with the oil and grill for 4-5 mins each side until golden and hot through. Serve with extra tartar sauce and salad or green veg. Defrost frozen fish cakes overnight in fridge and cook as above, or cook straight from frozen, see right.

PER SERVING 330 kcs, protein 23g, carbs 38g, fat 10g, sat fat 2g, fibre 2g, sugar 2g, salt 0.71g

## COOK FROM FROZEN

Heat grill to medium, oil fish cakes as per recipe then grill 12-15 mins one side to brown, before flipping and grilling the other side for 5 mins more.





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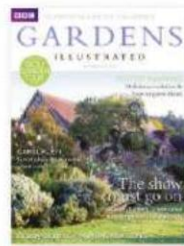
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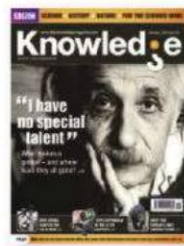
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# Sunday lunch with a twist

Cold  
weather  
comfort  
food



*'I love a traditional roast as much as anyone, but nothing beats a hot meat pie straight from the oven served with seasonal veg and towering Yorkshire puds – my perfect Sunday lunch. If you've got time on Saturday, cook the filling then simply assemble the pie on Sunday'*

SILVANA FRANCO, Food writer

Steak & roasted shallot pie  
with a mustard crust





## Steak & roasted shallot pie with a mustard crust

SERVES 6 • PREP 35 mins plus chilling •  
COOK 3 hrs **Moderately easy**

2 tbsp olive oil  
140g pack cubed pancetta  
1kg/2lb 4oz braising steak, cubed  
4 tbsp plain flour  
1 bottle red wine or 750ml/  
1 1/3pts beef stock  
4 thyme sprigs  
600g/1lb 5oz whole shallots  
2 tbsp redcurrant or cranberry jelly  
1 tbsp red wine vinegar  
1 egg yolk  
**FOR THE MUSTARD CRUST**  
350g/12oz plain flour  
1 tbsp English mustard powder  
200g/7oz butter, frozen

**1** Heat half the olive oil in a large pan and cook the pancetta for a few mins until golden. Remove with a slotted spoon and set aside. Dust the steak with the flour, then brown in the hot pancetta oil – to stop the pan getting overcrowded, do this in two batches. Return all the steak to the pan along with the pancetta.  
**2** Add the wine and thyme and bring to the boil. Partially cover with a lid, leaving a gap of about 1cm, and simmer for 2 hrs until the meat is tender, stirring from time to time, and once the sauce has thickened and reduced a little, cover the pan completely.  
**3** Meanwhile, heat oven to 200C/180C fan/gas 6. Toss the remaining olive oil and the shallots together. Spread out on a baking sheet and roast for 45 mins until soft and golden brown.  
**4** To make the pastry crust, sift the flour and mustard into a large bowl, then coarsely grate in the frozen butter. Drizzle over 6-8 tbsp cold water and taking care not to over-handle it, lightly bring together to make a firm dough. Wrap and chill for 30 mins.  
**5** Stir the roasted shallots, jelly and vinegar into the beef and season, then spoon into a 2-litre pie dish. Raise the oven temp to 220C/200C fan/gas 7.  
**6** Roll out the pastry and lay over the filling – it's a good idea to use a pie funnel to support the pastry and prevent it going soggy in the centre, but it's not essential. Mix the egg yolk with a little salt, then brush over the top of the pastry. Bake for 30 mins or until the pastry is crisp and golden and the filling is hot right the way through.  
PER SERVING 940 kcals, protein 48g, carbs 58g, fat 54g, sat fat 27g, fibre 3g, sugar 8g, salt 1.91g



### GET AHEAD

- Prepare the pie filling the day before and chill it overnight.
- Make the Yorkshire batter a few hours ahead and keep it at room temperature.

### TIP

Give your Yorkshires a little extra kick by adding some freshly grated horseradish to the batter.

## Classic Yorkshire puddings

SERVES 6 • PREP 10 mins plus chilling •  
COOK 30 mins **Easy**

200g/7oz plain flour  
3 eggs  
300ml/1/2pt whole milk  
2 tbsp olive oil

**1** Place the flour in a bowl and stir in the eggs, followed by the milk. Swap your wooden spoon for a wire whisk and beat until smooth. Cover and chill for 10 mins or until ready to cook.  
**2** Heat oven to 220C/200C fan/gas 7. Divide the oil between a 6-hole large muffin tin and heat in the oven for 5 mins. Tip the batter into a jug, then quickly pour into the heated tin. Bake for 25-30 mins until well risen and browned – make sure the puds are cooked all the way through.  
PER SERVING 224 kcals, protein 9g, carbs 28g, fat 9g, sat fat 3g, fibre 1g, sugar 3g, salt 0.16g



## Stir-fried Savoy cabbage

SERVES 6 • PREP 15 mins •  
COOK 10 mins **Easy** **Superhealthy**  
Good source of vit C and folic acid

1 large Savoy cabbage, thinly sliced  
1 tbsp olive oil  
2 garlic cloves, thinly sliced  
1 tsp fennel or caraway seeds

**1** Steam or boil the cabbage for 3-4 mins until just tender, then drain well. If doing ahead of time, cool under running water and chill until ready to stir-fry.  
**2** Heat the oil in a wok or large frying pan. Add the garlic and seeds and cook for 1 min until beginning to turn golden. Toss in the cabbage and stir-fry over the highest heat for 3-4 mins. Season with a little sea salt and serve.  
PER SERVING 61 kcals, protein 3g, carbs 6g, fat 3g, sat fat 0g, fibre 5g, sugar 6g, salt 0.02g

## Sweet carrot purée

SERVES 6 • PREP 10 mins •  
COOK 30 mins **Easy** **Superhealthy**  
Good source of beta-carotene, counts as 2 of 5-a-day

large knob of butter  
2 onions, thinly sliced  
1 tbsp brown sugar  
1kg/2lb 4oz carrots, sliced  
bunch of parsley, finely chopped

**1** Melt the butter in a large frying pan and cook the onions and sugar together for 20-30 mins, stirring from time to time, until very soft and dark golden.  
**2** Meanwhile, boil or steam the carrots for 15-20 mins until very tender. Drain well and return to the pan. Add the caramelised onions and using a hand blender, whizz to make a smooth purée. Stir in the parsley and serve.  
PER SERVING 114 kcals, protein 1.6g, carbs 19.1g, fat 4g, sat fat 2g, fibre 5g, sugar 17g, salt 0.16g

### TIP

For a delicious cheesy version of the carrot purée, beat in 100g/4oz coarsely grated mature cheddar in place of the parsley.



## Roast apples with cinnamon sugar

SERVES 6 • PREP 10 mins •

COOK 40-50 mins **Easy**

50g/2oz natural dried breadcrumbs

8 dried apricots, roughly chopped

75g/2½oz cinnamon sugar  
(see tip, right)

75g/2½oz butter, chopped

zest and juice 1 orange

6 large Bramley apples

custard or vanilla ice cream, to serve

**1** Heat oven to 180C/160C fan/gas 4.

Mix together the breadcrumbs, apricots, cinnamon sugar, butter and zest.

**2** Using an apple corer, remove the centre of each apple, then score the skin across the equator so they don't collapse during roasting.

**3** Pack the filling into the apples, then sit them snugly into an ovenproof dish.

Mix together the orange juice and 150ml water and pour round the apples. Roast for 40-50 mins until nicely browned and very soft, but still just holding their shape. Serve with the sticky pan juices and custard or ice cream.

PER SERVING (apples only) 246 kcal, protein 2g, carbs 38g, fat 11g, sat fat 7g, fibre 3g, sugar 32g, salt 0.26g

## Make your own cinnamon sugar

Mix together golden granulated sugar and ground cinnamon at a ratio of 100g/4oz sugar to 1 tsp cinnamon.

If you want the flavour without the colour, bury a couple of whole cinnamon sticks in a jar of sugar and leave for at least 3 months before using.

Fluffy apples, sticky sauce



# Perfect pork belly



Our Food editor shares chefs' secrets to show you how to make restaurant-style dishes at home – ideal for impressive entertaining

## Crisp cider-braised pork belly

SERVES 4 • PREP 20 mins plus pressing overnight • COOK 3½ hrs

Moderately easy

**1 large carrot, roughly chopped**  
**1 onion, roughly chopped**  
**few celery sticks, roughly chopped**  
**2 garlic cloves, smashed**  
**sprig fresh thyme**  
**2 bay leaves**  
**500ml/18fl oz good-quality cider**  
**small splash cider vinegar, plus extra to season**  
**1 litre/1¾ pints fresh chicken stock**  
**1.2kg/2lb 12oz piece unscored, boneless pork belly**  
**2 tbsp sunflower oil**  
**Apple mash and Mustard cabbage, to serve (see below right)**

**1 Day 1** Heat oven to 180C/160C fan/gas 4. Place all the ingredients except the pork and sunflower oil in a flameproof pan that will fit the pork snugly – a casserole dish is ideal. Season, bring everything to the boil then turn down the heat and slide the pork into the pan. The pork should be totally submerged – if it isn't, top up with water. Cover the dish with a lid or tight tent of foil and place it in the oven for 3 hrs undisturbed.

**2** When the pork is cooked, leave it to cool slightly in the stock. Line a flat baking tray with cling film. Carefully lift the pork into the tray and make sure you get rid of any bits of vegetables or herbs as they will end up pressed into the pork. Cover the pork with another sheet of cling film and cover with a flat tray or dish (A) – the tray must be completely flat as any indentations will be pressed into the pork. Weigh the pork down with another dish or some cans and leave to cool in

the fridge overnight. Strain the juices into a jug or small saucepan, cover and chill.

**3 Day 2** Unwrap the pork and place on a board. Trim the uneven edges so that you have a neat sheet of meat (B). Cut the meat into 4 equal pieces and set aside until ready to cook. Lift off any bits of fat from the braising juices and tip what will now be jelly into a saucepan, then bubble down by about two-thirds until starting to become slightly syrupy. Add a few more drops of vinegar, to taste.

**4** Heat the oil in a large frying pan until hot, then turn the heat down. Add the pork to the pan, skin-side down – be careful as it has a tendency to spit. Sizzle the pork as you would bacon for 5 mins until the skin is crisp. Flip it over and cook for 3-4 mins until browned. Place a small pile of cabbage on the side of each plate and sit a piece of pork on top. Place a spoonful of mash on the other side of the plate, drizzle over the sauce and serve.

PER SERVING 915 kJals, protein 66g, carbs 10g, fat 67g, sat fat 24g, fibre 2g, sugar 8g, salt 1.22g

### Apple mash

Bring **2 large, peeled and chopped baking potatoes** to the boil and simmer for 10 mins. Add **1 large peeled, cored and chopped Bramley apple** and simmer for 5 mins. Drain and return to the pan through a potato ricer, or mash.

Over a low heat, beat in **100ml/3½fl oz double cream** and a **knob of butter**. Season and serve.

### Mustard cabbage

Quarter, core and finely shred **1 small Savoy cabbage**. Cook in boiling water for 3 mins, then drain and refresh under cold water. Place cabbage in a pan with **3 tbsp double cream** and **1 tbsp wholegrain mustard**, and reheat. Season and serve.



### RESTAURANT TIPS

- To get the best flavour, use a well-reared piece of pork. Look out for a rare breed such as Gloucester Old Spot, if you can find it.
- Make every part of the dish ahead so that all you have to do is fry the pork and reheat the sauce and vegetables to serve.

### TIP

If your butcher still has the bones, it's worth asking for them. Add them to the pan before it goes in the oven – they will give the sauce even more flavour



*Pork belly is a chef's favourite because it's cheap and, when cooked properly, it delivers a great contrast of textures – from crisp crackling to fork-tender meat. If you've eaten it in a smart restaurant, you've probably wondered how they get such an elegant, uniformed result... well, now you can do the same*

BARNEY DESMAZERY, FOOD EDITOR



Cook like a pro



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# What to drink



**Sarah Jane Evans** selects Valentine's fizz and suggests bottles for entertaining



**Freixenet Elyssia Gran Cuvée Brut Cava NV**, Penedès, Spain, 12%, £14.99, Waitrose

**Why buy?** A definite cut above in the sparkling wines beauty parade.

**The taste** The blend of traditional Cava grapes, with citrusy Chardonnay and berry fruits of Pinot Noir, make a satisfyingly rich, lively wine.

**Want a pink wine on 14 February?**

Enjoy the brambly charm of Elyssia Rosé, made from Pinot Noir, at the same price from Waitrose.



**Zardetto Prosecco Spumante NV**, Prosecco di Conegliano, Veneto, Italy, 11.5%, £10.99, Marks & Spencer

**Why buy?** A very seductive style of Prosecco.

**The taste** There's a punchy rush of bubbles for those who love fizz, followed by rosy red apples and mouthwatering sherbet freshness.

**Enjoy with** This makes the perfect aperitif.



**Zibibbo Rosa**, Brown Brothers, Victoria, Australia, 8%, £7.99, Londis, Budgens and Booths

**Why buy?** An aromatic, fruity sparkler that gives a lift to the end of the meal.

**The taste** Zibibbo is the Arabic name for the Muscat of Alexandria grape, a favourite among makers of sweet wine. Look for musky, floral aromas, with round berry fruit flavours.

**Good match** Follow the advice of Brown Brothers, a food-loving company, which says it's lovely with Turkish delight or vanilla ice cream – just the thing to tempt a Valentine.



**Moët & Chandon Nectar Imperial NV**, Champagne, France, 12%, £29.99, Sainsbury's

**Why buy?** For those occasions that demand Champagne, where a dry wine just does not work.

**The taste** The deliciously named Nectar Imperial is subtly sweet, like cream and fruit in the glass – think English apple tart with single cream.

**Serve with** White chocolate mousse with crystallised lemon peel.



## BEST BUYS

**Portuguese Red NV**, Lisbon, Portugal, 13%, £3.87, Asda

**Why buy?** At every price, Portugal produces flavoursome individual reds. At this price, this one is hard to resist.

**The taste** Floral aromas give way to jammy red fruits, and then a savoury, almost leathery final flavour. This could only be Portuguese.

**Good match** A rustic red demands some bold, rustic flavours – try spicy sausages with red onion marmalade.



**The Ned Waihopai River Sauvignon Blanc 2010**, Marlborough, NZ, 13%, £9.99, Waitrose

**Bargain buy** You can also snap up Ned and all New Zealand wines for 20% off at Majestic before the end of January.

**The taste** This one is bound to be a firm favourite with fans of New Zealand Sauvignons. It's bursting with tangy green apple and passion fruit. Serve it cool to enjoy the silky texture at its very best.

**Serve with** Play it cool with a subtle goat's cheese salad, or highlight the fruity profile with a Thai green curry.

## FAIRTRADE CHOICE

**Tilimuqui Fairtrade Single Vineyard Torrontés 2009**, Mendoza, Argentina, 12.5%, £6.99, Waitrose

**Why buy?** Fairtrade Fortnight starts on 28 February. Wine's Fairtraders have plenty to celebrate with quality improving everywhere, while generating income to fund projects from water towers to schools.

**The taste** Torrontés has a delicately floral aroma – a good choice for a seductive Valentine.

**Drink with** Sea bass with ginger chilli.



## FOR A SPECIAL MEAL

**French Connection Classics Saumur Champigny 2009**, Loire, France, 13%, £7.99, Morrisons

**Why buy?** This is an elegant red that's ideal for the weekend. The Loire's Cabernet Franc grape produces some well-balanced reds that make them ideal dinner party guests.

**The taste** Juicy, brambly fruit, with a lively freshness and a lingering finish.

**Great with** Slow-roast lamb.



**French Connection Classics Saumur Blanc 2009**, Loire, France, 12.5%, £7.99, Morrisons

**Why buy?** A smart match with the Saumur red (left), and proving that the Loire produces both great reds and great whites (and sparklings, too).

**The taste** This is the Chenin Blanc grape, which is made in every style from dry to sweet in the Loire. Here, it's dry, with rich oatmeal aromas and a punchy, refreshing tang of grapefruit.

**Enjoy with** Pork loin with roasted apples.





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# ON TEST STEAMERS

A healthy, versatile way to cook – we tested more than 20 to find the best

## FULLY AUTOMATED

**Morphy Richards Intellisteam, £79.99**

This uses a digital timer that brings a whole meal together to finish cooking at the same point. It's not tiered, instead you pre-programme each basket individually to start cooking at a designated time.

It might sound complicated, but the digital screen controls are easy and the instructions clear.

The sturdy baskets fit together well, so your kitchen won't feel like a sauna, and we liked the fact that an alarm sounds if the water level drops too low. It has plenty of additional functions: a refill shoot to top up the water while cooking and pre-set cooking times, plus you can save personalised settings.

We found it cooked everything to the pre-set times – rice was fluffy and fish steamed beautifully. Potatoes were the exception, taking 10 minutes longer than stated. It is bulky to store, though, and rather a squeeze to fit everything in the dishwasher. Available from Argos, 0845 640 2020, [argos.co.uk](http://argos.co.uk)



## GREAT VALUE

**Breville Digital Herb Infusion steamer, £39.99**

Simple to use, this three-tier steamer has a nine-litre capacity and features normally found on more expensive models. As with all tiered models, you may need to start one tier cooking, then add other quicker cooking foods. The digital display includes a 60-minute timer and delay function.

The real winner was the design of the baskets. They pack into each other for compact storage, and the bases can be removed to accommodate larger items – we fitted a 900ml pudding bowl easily. Potatoes were slow to cook – more than 40 minutes – but the texture and taste made up for this.

It comes with a herb infusion tray, which we tried with mint for potatoes, and found it gave a subtle 'extra note'. Not dishwasher safe, but easy to clean. Available from Dixons, 0844 561 1111, [dixons.co.uk](http://dixons.co.uk)

## TRADITIONAL DESIGN

**Le Creuset 3-ply stainless steel 20cm steamer, £40.87**

Great for sponge puddings or cooking vegetables above pasta, this robust, tri-ply stainless steel steamer fitted most of our 20cm saucepans. The layer of aluminium sandwiched between the pan and the base plate dispersed heat efficiently and helped to prevent hotspots. The cooking area is flat, giving a wide surface area with space enough for us to steam a small gammon joint.

A tight-fitting lid and three small feet on the underside of the base, so it can be used as a colander, make this a smart piece of cookware. Available from department stores, 0800 373792, [lecreuset.co.uk](http://lecreuset.co.uk)



## BEST BAMBOO

**Ken Hom Tao bamboo steamer, £10.65**

For use in a wok or saucepan, this is made of two sturdy 20cm baskets with a woven lattice lid. It's very simple and efficient – just place the steamer into the base of a wok on a rack and put the food directly into the baskets or onto heatproof plates.

The bamboo makes it easy to handle as it doesn't get hot to touch. The actual cooking area isn't that big – there's just room to cook two large fish fillets, which took 30 minutes to steam.

Do remember that bamboo is porous, so very pungent flavours will permeate the steamer and could possibly taint the flavour of future food. To minimise this, make sure strong-flavoured food is tightly wrapped in foil or parchment paper. Available from QVC UK, 0800 514131, [qvcuk.com](http://qvcuk.com)

## WHAT WE FOUND

- Steaming is a gentle way of retaining nutrients, as it locks in flavours, colours and textures.
- Vegetables cooked in an electric steamer will take twice as long to cook as those steamed on the hob.
- Whether electric or on the hob, all steamers (with the exception of

- bamboo and silicone) get very hot to touch, so use oven gloves.
- Avoid lifting the lid to check progress as this lets steam escape and can delay cooking. Don't crowd food – allow space so steam can circulate.
- It's unlikely you'll want to leave your steamer out all the time, so choose one that's easy to store.

# ON TEST SEVILLE MARMALADES

A treat on toast, or use to glaze a ham

**Cottage Delight Seville orange marmalade, £2.20, 340g**

This thick cut was our favourite for its balance of caramel sweetness and refreshing tanginess. The honeyed flavour is achieved with muscovado sugar, giving it a deep, dark colour. There is a lot of thick, bitter peel, with plenty of bite. Available from garden centres, delis and farm shops nationwide, 01538 38 20 20, [cottage delight.co.uk](http://cottage delight.co.uk)



**JME Seville orange marmalade, £6, 680g**

Oozing with flavour and soft, slightly chewy medium-cut peel, this bitter-tasting marmalade looks homemade. The aroma of fruit, rather than sugar, lingers and the colour is very natural. An impressive lack of ingredients: oranges, lemon juice and sugar. The softer consistency is just right for glazing a ham. Available from 0845 279 7227, [jamieoliver.com](http://jamieoliver.com)



**Tesco Finest Bitter orange marmalade, £1.29, 340g**

Sweet with a zingy aftertaste, this is richly fruited and flecked throughout with thick peel. The jelly-like set means that it spreads easily – making it ideal for hot crumpets or toast. Our tasters really loved the fresh, fruity aroma, which is achieved in part by the added orange oil. All in all, a luxurious taste at a bargain price.







Annie's conservatory-style extension doubles as a kitchen and dining room

# MY KITCHEN

# Annie Bell

Cookery writer Annie Bell shows **Val Wotton** how she made maximum use of a small space to create a hard-working kitchen  
Photographs TIM YOUNG

Annie originally trained as a chef and now writes cookbooks and recipes for magazines. She lives with her husband Jonnie and two sons, Rothko, 22, and Louis, 13, in the garden flat of a Victorian house in west London.

## Why did you decide to renovate the kitchen?

We've lived here for over 15 years, and ten years ago, we decided to add a new kitchen space with a conservatory-style extension. The working kitchen area is quite small and I cook a lot, so I wanted new units that would make the most of every inch of space. After a lot of agonising over what style to go for, I decided that my remit was a craftsman-made kitchen

where the insides of the units are as beautiful as the outside.

## Who built it?

The English Kitchen Company. It was serendipity, actually. My friend recommended a different company and I got the name wrong – so I found them by mistake! They make everything in their workshops in Hampshire, so we could choose every aspect of the kitchen – the door design, interior fittings, everything. We found all the door handles in Belgium.

## Was it expensive?

It wasn't cheap, but more affordable than we expected a craftsman-built bespoke kitchen

to be, and it was certainly worth it. It's transformed a tight space into a kitchen that really works and should last a lifetime. It helped that we recycled a lot of existing things – the steel worktops, sink and splashbacks, the pan racks and my La Cornue cooker – and the electrics and plumbing were tweaked but not radically changed. It was incredibly easy, too. We dropped off the key, went on holiday for a fortnight, and came back to our brand new kitchen.

## What appliances do you have in there?

I love the huge hob on the La Cornue cooker, especially the simmer plate that also warms





**FAR LEFT** Steel racks from Ikea keep frequently used pans, bowls and utensils close to hand above the large stove

**LEFT** Oak-lined drawers are fitted out to Annie's specifications

**BELOW** The adjacent dining area allows the whole family to sit down and eat together



**Door racks and deep drawers** make it easy to find exactly what you're looking for



the room. I don't use the big oven a great deal, except for family Sunday lunch – I rely mainly on a Miele fan oven. The fridge and dishwasher are also by Miele, and I have an extra fridge and freezer and overflow larder at the back of the flat for work stuff.

## Must-have gadgets?

I don't have enormous amounts of electrical gadgets, just a few essentials like the Magimix, that are always to hand. I've tried loads of different expensive blenders and they always blow their tops. I like my bottom-of-the-range Kenwood because it has a screw-on top. I wouldn't be without my Rösle food mill

either, if only for puréeing potatoes. And I wouldn't give up my huge wooden chopping board.

## Final thoughts?

It's a small space, but I like having everything within easy reach, and it doesn't feel closed in because the skylights and fold-back doors connect it to the outside. It's great having the dining space here so you can be with people, but they're not in your way while you cook. I like the streamlined simplicity – the way the colour echoes the frosted glass skylights. To me it looks beautiful and everything works wonderfully.

## ANNIE'S KITCHEN PLANNING TIPS

- Plan carefully to get the most out of a small space. A bespoke kitchen designed and made just for your situation helps to shoehorn everything in.
- Avoid deep cupboards where half the contents get lost at the back and everything has to be unloaded to reach them – drawers and door racks can be the solution.



Annie Bell's latest book is *Soup Glorious Soup* (£14.99, Kyle Cathie). Her website is [anniebell.net](http://anniebell.net)



## GET THE LOOK

Annie's kitchen was built by the English Kitchen Company, based in Romsey, Hampshire (02380 812912, [theenglishkitchen.co.uk](http://theenglishkitchen.co.uk)). Bespoke kitchens range from around £25,000.

The sturdy Rangemaster Toledo 110 includes two fan ovens and starts at £1,626, more with hotplate or induction hob. 0870 755 6485 or [rangemaster.co.uk](http://rangemaster.co.uk)



Stretching from 32 to 50cm wide, Lakeland's extending wooden cutlery tray transforms any drawer into a haven of organised neatness. £17.99, [lakeland.co.uk](http://lakeland.co.uk)



Ikea's heavy-duty steel rack happily holds huge pots and pans. 80cm long, £11.99; 120cm, £15.99, [ikea.com](http://ikea.com)



The Compact Glass Blender by Kenwood has a screw-lid, solid metal base and powerful 500w motor. Around £79.99 from Argos, or call 02392 476000, [kenwood.co.uk](http://kenwood.co.uk)







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GILLIAN CARTER, Editor

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# TV news & recipes

Recipes from Baking Made Easy •  
Saturday Kitchen • Great British Food Revival •  
Catherine's Roman Holiday

## The Great British Food Revival

With produce from all over the world readily available in supermarkets, it's no surprise that many traditional British ingredients are under threat. In this new series, 11 chefs champion British produce dear to their heart and cook three of their favourite dishes to encourage viewers to try the ingredients. James Martin cooks with old apple varieties; *MasterChef* judge Gregg Wallace heritage potatoes; Ainsley Harriott honey; and Clarissa Dickson Wright rare breed pork.

Other campaigning chefs include Michel Roux Jnr and Hairy Bikers Si King and David Myers (see p126 for recipes).

• The Great British Food Revival starts on BBC Two in February

## Behind the scenes

**Michel Roux Jnr, award-winning chef and *MasterChef: the Professionals* judge, aims to turn eight inexperienced British youngsters into a front-of-house team fit to grace a Michelin-starred restaurant in his new BBC Two series *Michel Roux's Service*.**

### How does it all work?

We start by training them in the basics in cafés and restaurant chains, then we take them up to Michelin-standard restaurants, teaching them specific skills at each stage. At the end of the series, there are scholarships on offer, one to be front-of-house, the other to be a sommelier.

### Why did you decide to do the series?

I'm a chef first and foremost, but I'm also a restaurateur, and great food can be ruined by bad service. We're not getting enough young British people going into it – they don't see it

as a career choice. We have the talent, but we need to inspire them and make them see that it's a worthy profession.

### What surprised you about your trainees?

Their low self-esteem and lack of basic manners. Also, how little they knew about food and wine! Yet when we did a wine tasting, two described the wine exactly as a sommelier would do – they had excellent palates.

### What makes a good waiter or waitress?

Front-of-house needs to be as passionate about the food as the kitchen staff. They need to be knowledgeable, willing to please – and smile!

### What did you learn?

We should take more time with training – there are a lot of good kids out there who, if given the chance, will do very well.

• **Michel Roux's Service starts in January on BBC Two**



## Bright young things

The recent BBC Radio 4 Food & Farming Awards revealed a healthy appetite for food production among the younger generation, reports **Sheila Dillon**

The most striking thing about the Radio Four Food & Farming Awards (the 11th I've judged) was how many young people were nominated – particularly bakers.

Craft baking, not to mention cheese and charcuterie making, are suddenly the career choices for the under-30s. The economic forecast may generally be gloomy, but it seems that quality food production is one place where the economy is being boosted and jobs created – and the great news is that those doing it are the young.

One example is Alex Gooch, 29, (above, right) who won Best Food Producer for the remarkable breads he turns out from his small Hay-on-Wye bakery. He started as a chef, but became an entrepreneurial baker with the help of borrowed money and a love for what he does so supremely. Getting up at midnight six days a week to work at crafting his slow-fermented breads, he is now a solid business success.

Then there's 20-something baker Ben MacKinnon, who I met last summer when he had just completed a professional baking course at the School of Artisan Food in Nottinghamshire. As a result, he'd set up a baking business from his home kitchen in East London, combining this with what had been his full-time career as an environmental engineer.

When I interviewed him, he'd just finished building a wood-fired oven in his garden. Now he's built a much bigger one under railway



**FOOD  
FOR  
THOUGHT**

arches near his house and established a thriving business, the E5 Bakehouse.

And from daily bread to new,

exciting cheeses, many of which are now being made by young men and women. Take 28-year-old Martin Gott, who has created two prize-winning raw ewe's cheeses, St James and Swallet. Then there's charcuterie to match anything from Italy and France made by the youthful Trealy Farm trio (James Swift, Graham Waddington and John Standerwick), the Best Food Producer winners of the 2009 awards.

It's heartening that I could fill the magazine with these stories and so many more. The iPhone generation, it seems, are more in touch with what really matters than most of us ever thought possible.

• **Sheila Dillon presents *The Food Programme* on BBC Radio 4, Sundays at 12.30pm, repeated on Mondays. Listen again to programmes you have missed at [bbc.co.uk/radio4](http://bbc.co.uk/radio4).**

**Find out more about the awards at [bbc.co.uk/radio4/features/ffa/2010](http://bbc.co.uk/radio4/features/ffa/2010)**





## Great British Food Revival

Michel Roux Jnr campaigns for 'real' bread in this new BBC Two series, while The Hairy Bikers champion the cauliflower

MICHEL ROUX JNR

### Diplomat pudding

SERVES 6 • PREP 40 mins  
plus soaking and chilling •  
COOK 40 mins **Moderately easy**

2 tbsp golden raisins  
2 tbsp sultanas  
4 tbsp dark rum  
butter for greasing  
4 slices brioche  
4 slices good bread  
icing sugar for dusting  
250ml single cream  
250ml milk  
150g caster sugar  
4 eggs  
1 vanilla pod  
apricot jam, to glaze

**1** Place the raisins and sultanas in a small pan and cover with water. Bring to the boil then drain and place in a shallow dish. Pour over the rum and leave to soak. Heat oven to 190C/170C fan/gas 5. Butter 6 individual ramekins or pudding basins. Take the crusts off the breads and discard, then cut the rest into large dice. Put in a single layer on a baking sheet and dust with a little icing sugar. Bake in the oven for about 8 mins or until crisp.  
**2** Reduce oven to 140C/120C fan/gas 1. Mix the cream, milk, sugar and eggs together then pass through a sieve, and add the vanilla seeds from the pod. Mix the bread pieces with the raisins, sultanas and rum and place in the ramekins. Ladle the cream mixture into the dishes over the bread. Cover with buttered foil and then bake in a bain marie for 30 mins or until set. Leave to cool then place in fridge to chill.  
**3** To serve, carefully turn out of the dishes onto plates and glaze with a little warmed apricot jam.

SI KING & DAVE MYERS

### Seared scallops with Lincolnshire cauliflower cheese purée & orange, mustard & rocket salad

SERVES 4 • PREP 35 mins •  
COOK 15 mins **For the confident cook**

**FOR THE CAULIFLOWER CHEESE**  
1 Lincolnshire cauliflower, broken into florets  
2 tbsp double cream  
150g Lincolnshire Poacher cheese, grated  
**FOR THE SCALLOPS**  
200g smoked streaky bacon  
20 scallops trimmed, without the corals  
2 tbsp light olive oil  
1 lime  
**FOR THE SALAD**  
handful rocket leaves  
2 tbsp extra virgin olive oil  
1 tbsp white wine vinegar  
zest ½ half orange, plus  
2 tbsp juice  
1 tsp wholegrain mustard

**1** Boil the cauliflower florets for 7-8 mins, or until tender. Place in a colander to drain, press down with a plate to press out the water. Place in a food processor with the cream and purée. Season to taste. Return to a saucepan and stir the cheese through until it melts. Keep warm.  
**2** Chop the bacon into fine dice and fry until crisp and the fat has rendered. Keep warm. Put the scallops in a bowl, dress with the olive oil and season. Place scallops into a very hot frying pan. Cook for 2 mins then turn over and continue to cook for a further 1 min. Squeeze the lime over the scallops and cook for 30 secs. If the scallops are small, reduce the cooking time – do not overcook. Turn the scallops into the bacon pan with the bacon fat and bits.  
**3** Combine salad ingredients. Place a serving of salad in the middle of each plate. Put cauliflower cheese into a piping bag and pipe five circles around the salad. Top each with bacon and a scallop.



## Baking Made Easy

Former model-turned-baker-and-pâtissier **Lorraine Pascale** shares her love of cakes in this new BBC Two series starting in January



### Blueberry & lemon millefeuille

SERVES 6 • PREP 1 hr 15 mins plus chilling • COOK 15 mins  
**Moderately easy**

115g icing sugar, plus extra for dusting  
250g puff pastry  
200g punnet blueberries  
**FOR THE CREAM**  
165g whipping cream  
25g icing sugar  
seeds of 1 vanilla pod or 2 drops vanilla extract  
zest and juice 1 lemon  
**FOR THE HOT CHOCOLATE SAUCE**  
165g double cream  
100g good milk or dark chocolate or combination of both, grated or finely chopped  
25g butter  
1 generous tbsp golden syrup

**1** Line a large baking tray (or 2) with baking paper. Dust work surface with icing sugar and roll out the pastry to a rectangle. It should be super, super thin. Trim edges then cut out 18 rectangles, each 9 x 5cm. Place on baking sheet and dust with lots of icing sugar. Put in fridge for 30 mins.

**2** Heat oven to 200C/180C fan/gas 6. Remove pastry from fridge and bake for 5 mins. Take out of the oven and sprinkle with more icing sugar. Return to oven and bake for 5 mins or until pastry is golden brown. Remove from oven and set aside.  
**3** For the cream, put the cream, icing sugar and vanilla into a bowl and whip until it forms medium stiff peaks. Fold in the lemon zest and juice to taste. Spoon into a piping bag fitted with a 1cm straight nozzle.  
**4** For the chocolate sauce, heat the cream until just boiling. Remove from the heat, then add the chocolate and butter. Don't stir and leave to stand for 5 mins. Then stir until everything is just mixed in and looks smooth. Add the golden syrup and stir a couple of times. Set aside.  
**5** Layer up three pastry thins, piping blobs of cream on two layers and putting a blueberry in between each blob. (See picture above). Dust the top layer with icing sugar. Repeat until all the pastries, cream and blueberries are used up. Serve with the hot chocolate sauce.





## My big fat carrot cake

*A no-holds-barred cake with three moist spiced layers of pure excess. If you don't fancy making this sky-high confection, which takes a whopping nine eggs, then knock off a third of the ingredients and make a more humble two-layer cake instead.*

SERVES 8-10 ● PREP 50 mins ●  
COOK 45 mins **Moderately easy**

### FOR THE CAKE

525ml vegetable oil  
9 eggs, lightly beaten  
525g soft dark brown sugar  
420g carrots, grated  
zest 3 oranges  
525g self-raising flour  
1 tbsp bicarbonate of soda  
1½ tbsp mixed spice  
seeds of 1 vanilla pod or 2 drops  
vanilla extract

### FOR THE CREAM CHEESE

#### FROSTING

200g icing sugar  
40g butter, cubed

zest 1 lemon  
seeds of ½ vanilla pod or 1 drop  
vanilla extract  
115g full-fat soft cheese  
**TO DECORATE (optional)**  
handful of pecans or walnuts

**1** Heat oven to 180C/160C fan/gas 4. Grease and line the base of 3 x 23cm sandwich tins with greaseproof paper. Put the oil, eggs, sugar, carrots and orange zest into a big bowl and mix well with a wooden spoon. (If making all three tiers, you may need to do this in batches if your bowl isn't large enough.)  
**2** Mix the flour with a pinch of salt, add the bicarbonate of soda and mixed spice then sift into the bowl. Add the vanilla and mix lightly. Divide between tins and bake for 40-45 mins. The cakes are ready when the sponge springs back when pressed lightly. They will be moister than most other

sponges, but a skewer when inserted into the centre should come out clean. Leave to cool in tins for 5 mins or so then turn onto a cooling rack. Peel off the paper and leave until cold.

**3** For the frosting, mix the icing sugar, butter, lemon and vanilla together in a bowl. Then whisk well to combine. Stir in the soft cheese. Take care not to overbeat or the mix will turn runny – if it does, put it in the fridge for about 10 mins to harden up.

**4** Take two of the cakes and, using a sharp knife, slice off the domed tops, leaving them completely flat.

Don't slice the top off the third cake. Put a little dollop of frosting in the centre of a plate (this stops the cake from sliding). Put one flat cake on top. Pop a large spoonful of frosting on the cake and spread to within 2.5cm from the edge. Put the next flattened cake on top and repeat with more frosting. Put the unsliced cake on top of this, cover with the remaining frosting and decorate with nuts, if liked.

**Recipes taken from *Baking Made Easy* by Lorraine Pascale, (HarperCollins, £20)**

## The Great British Bake Off

TERMS AND CONDITIONS (see page 13).

To apply, you must be aged over 16 on 1 April 2011. As an 'amateur baker' your main source of income cannot come from commercial baking in a professional environment and you cannot have ever worked full-time as a baker or chef. You cannot have acquired any formal NVQ or other professional catering qualifications in the past 10 years.



## Saturday Kitchen

Chefs Aggi Sverrisson and Jason Atherton cook live with **James Martin** on 5 February from 10am, BBC One



### JAMES MARTIN

#### Crispy breadcrumb squid with creamy ponzu dressing

*Ponzu is a classic Japanese dipping sauce that is often served with fried fish. It contains juice from a citrus fruit, the yuzu, said to taste similar to a mix of grapefruit, lemon and lime.*

*Good Asian delis sell bottles of it.*

SERVES 4 • PREP 30 mins •

COOK about 10 mins

Moderately easy

#### FOR THE SQUID

vegetable oil for deep frying

75g plain flour

4 medium squid, cleaned and sliced into 5mm thick rings

2 eggs, beaten

75g panko (Japanese breadcrumbs)

#### FOR THE DRESSING

2 egg yolks

½ tsp coarse sea salt

good pinch white pepper

2 tsp rice wine vinegar

4 tsp chilli garlic sauce

2 tsp yuzu juice (or use a mix of grapefruit, lemon and lime juices)

200ml vegetable oil

1 Heat a deep fat fryer to 190C. Line a large plate with a couple of layers of kitchen paper. Season the flour with salt and black pepper. Toss the squid rings in the flour to coat thoroughly. Dip first in the beaten egg then the breadcrumbs, and toss to coat once more.

2 Carefully drop a few at a time into the fryer and cook for 2 mins or until golden and crispy. Remove and drain on the kitchen paper. Repeat until all the squid has been cooked.

3 For the dressing, place all the ingredients, except the vegetable oil, into a small food processor and whizz to combine. With the machine running, gradually pour in the vegetable oil until the mixture forms a thin mayonnaise. Check the seasoning and adjust with salt, pepper and more yuzu juice if necessary. Pile the squid onto a warmed plate and drizzle over the creamy ponzu dressing.



### AGGI SVERRISSON

#### Marinated salmon gravadlax with mustard sauce & cucumber salad

SERVES 6 • PREP 1 hr plus

marinating & chilling •

COOK 20 mins Moderately easy

#### FOR THE SALMON

25g caster sugar

25g fine salt

2 lemons, zest removed with a peeler, then finely julienned

900g side of salmon, skinned and pin boned

300ml olive oil

1-2 tbsp chopped dill

#### FOR THE MUSTARD SAUCE

200g Greek yogurt

1 tsp wholegrain mustard

¼ tsp salt

½ tsp muscovado sugar

1 tsp lemon juice

½ tsp fresh grated horseradish (or to taste)

#### FOR THE RYE CROUTONS

1 tbsp olive oil

2 slices of rye bread

2 tbsp chopped dill

#### FOR THE CUCUMBER SALAD

1 cucumber, peeled, halved, deseeded and cut into 1cm cubes

2 tbsp olive oil

1 tsp good white wine vinegar

1 tsp chopped dill

1 tsp wholegrain mustard

1-2 tbsp mixed micro leaves

1 Mix the sugar, salt and lemon zest together, then sprinkle evenly over both sides of the salmon. Marinate for 1 hr then rinse off and pat dry. Cut the salmon into 6 pieces. Put the olive oil in a shallow pan and heat up to 45C. Put the salmon in, turn off the heat and leave for 15-20 mins. Cool in the fridge.

2 For the mustard sauce mix all the ingredients together and chill.

3 For the croutons, heat a frying pan until hot, add the olive oil and a sprinkle of salt then add the sliced bread and fry on both sides until crisp. Remove from the heat, leave to cool then break up into croutons.

4 For the salad, marinate cucumber with salt, oil, vinegar and mustard for 5 mins. Stir in dill before serving.

5 Place salmon on each plate and scatter over dill. Spoon some mustard sauce to the side. Scatter with cucumber and croutons. Finish with a few micro leaves.



### JASON ATHERTON

#### Sea bream with fennel & orange salad

SERVES 4 • PREP 45 mins

• COOK 10 mins For the confident cook

#### FOR THE ORANGE DRESSING

3 oranges, preferably blood oranges, 1 peeled and segmented, 2 zested and juiced

2 tbsp white wine vinegar

100ml olive oil

fennel fronds (see below)

#### FOR THE FENNEL & ONION SALAD

2 fennel bulbs, thinly sliced, fronds reserved

1 red onion, thinly sliced

75g black olives, pitted & quartered lengthways

25ml olive oil

1 tbsp white wine vinegar

#### FOR THE BREAM

2 whole sea bream, fillets removed

3 tbsp vegetable oil

1 For the orange dressing, heat the juice in a small saucepan and reduce by two-thirds. Stir in the zest, cool and then chill in the fridge. Put the segments into an airtight, heatproof plastic bag and place in a small pan of boiling water for 10 seconds.

2 Carefully remove the bag from the water and gently press apart the segments with your fingers to make orange 'pearls'. Add these to the chilled orange juice. Stir in the white wine vinegar, olive oil and half the fennel fronds. Set aside.

3 For the salad, place the sliced fennel and red onion into a bowl of iced water and leave for 10 mins. Drain, pat dry and place in a large bowl. Add two-thirds of the olives, the olive oil, white wine vinegar and remaining fennel fronds to the bowl and season to taste with salt. Stir until well combined and set aside.

4 Using a sharp knife, make 4-5 slashes on the fish skin and season. Heat the oil in a frying pan and fry for 2 mins on each side. Remove from the pan and set aside for 2 mins. To serve, drizzle some dressing around the edge of each of 4 plates. Place a fish fillet, skin-side up, in the middle of the plate and top with the fennel and onion salad. Scatter over the reserved olive pieces.

**Saturday Kitchen At Home** is the latest collection of recipes from the show (£20, BBC Books)



# Catherine's Roman Holiday

**Catherine Fulvio** is back on the Good Food channel (Sky 249 Sky or Virgin 260) Mon to Ths at 6pm from 10 January

## Pistachio crusted fillet of cod with shallot, lemon & crème fraîche sauce

SERVES 4 • PREP 40 mins plus chilling • COOK 15 mins **Moderately easy**

2 egg whites, lightly beaten  
1 tbsp milk  
4 cod fillets  
flour for dusting  
150g pistachio nuts, chopped  
3 tbsp olive oil, for frying  
lemon wedges, to garnish  
1 tbsp olive oil  
**FOR THE SAUCE**  
2 small shallots, finely chopped  
120ml fish stock  
zest 1 lemon  
3 tbsp crème fraîche  
1 tbsp flat-leaf parsley, finely chopped

**1** Beat the egg whites and milk together in a wide, shallow bowl. Season the fish fillets with salt and pepper. Dust each fillet lightly with flour. Dip into the egg white mix and then coat with chopped nuts. Allow to rest in the fridge for 30 mins-1 hr.

**2** Heat the oil in a frying pan over a moderate heat. Fry the fish for 3-4 mins per side until crisp and firm.

**3** To make the sauce, sauté the shallots in a little olive oil until soft. Add the stock and lemon zest and allow to cook for 3-4 mins before stirring in the crème fraîche and parsley. Heat gently then season to taste. Place the cod fillets on serving plates and pour the sauce over. Garnish with lemon wedges.

## Saltimbocca alla Romana

SERVES 4 • PREP 10 mins • COOK 15 mins **Easy**

4 pork escalopes, about 1cm thick  
12 small sage leaves  
8 slices prosciutto  
olive oil for frying  
200ml white wine  
40g butter

**1** Season each pork escalope on both sides with salt and pepper. Place 3 sage leaves on the top side of each piece then wrap 2 slices of prosciutto around them and press firmly to seal. Heat the oil in a frying pan. Cook the pork on a high heat on both sides for about 5 mins or until cooked through and golden. Remove from the pan and keep warm.

**2** Pour the wine into the pan and cook until the alcohol has evaporated. Season to taste. Add butter and heat until melted. Serve the escalopes with the sauce, wilted spinach and some Parmesan mash.

## Yogurt panna cotta with raspberry compote

SERVES 4 • PREP 35 mins plus chilling • COOK 8 mins **Moderately easy**

1½ gelatine leaves  
200ml double cream  
50g caster sugar  
½ vanilla pod, split lengthways  
250g natural yogurt  
**FOR THE COMPOTE**  
400g fresh raspberries  
50g caster sugar

**1** Soak gelatine leaves in cold water to soften. Put cream and sugar in a pan on a medium heat. Scrape the vanilla seeds into the pan then add the pod. Stir until the sugar dissolves, then bring to the boil. Remove from the heat and take out the pod.

**2** Shake off excess water from the gelatine and place into the cream mixture. Whisk until melted. Add yogurt and whisk until smooth. Strain through a sieve and divide between 4 x 125ml ramekins, wine glasses or cappuccino cups. Cover with cling



film and chill for 3 hrs until set.

**3** To make the compote, heat the raspberries, sugar and 2 tbsp water in a saucepan and simmer for 2-3 mins. Remove some raspberries, then purée remaining mixture.

**4** Press purée through a sieve then spoon over the panna cotta. Decorate with reserved raspberries.







Jason Atherton, a past *Great British Menu* champion, learned his trade working with some of the world's best chefs, including Pierre Koffmann, Marco Pierre White and Ferran Adrià. In 2005, in partnership with Gordon Ramsay, he opened Maze restaurant in London and gained a Michelin star for his exceptional dishes. Jason is currently putting the finishing touches to his new restaurant in London's Mayfair. He lives in Balham, south London, with his wife Irha and five-year-old daughter Keziah.

### First food memory?

My grandma grew all her own vegetables and was a fabulous cook. I have memories of helping her make piccalilli when I was four or five.

Mum was a good cook, too. She ran a hotel in Skegness and used to make her own Brussels pâté. When I came back from school, if I helped put it out on the guests' tables, I'd be allowed to have some myself.

**Food hero?** Ferran Adrià – I had the opportunity to work for him at El Bulli in Spain and I hugely admire his courage and determination.

### Most memorable meal?

At Sant Pau, a restaurant just outside Barcelona. The chef, Carme Ruscalleda, is the first woman to win three Michelin stars. The food was that good I didn't want it to end – so tasty, so clever.

### Favourite job in the kitchen?

Opening scallops.

### Job you hate?

Podding peas or beans.

### Favourite piece of kitchen kit?

A good blender, both at home and at work.

### Best piece of cooking advice you've been given?

Keep it simple – even great chefs like Ferran like to keep things simple.

### Luxury you couldn't do without?

Sea bass. It is so expensive, but such a beautiful fish.

### Secret ingredient?

Japanese dashi stock, which I add to all my sauces. I make it myself from Evian water with kombu (dried sea weed) and bonito flakes.

### Guilty pleasure?

Nando's hot chicken pitta with cheese!

### Most thumbed cook book?

The *Gault Millau* book on dining in France. It's the most influential guide to restaurants in the country. Without it, I wouldn't be where I am today.

### Future plans?

I'm opening my own restaurant, The Pollo Street Social – a dream come true. I've just started writing my third book, which will probably be called *Sharing Family Food*, and I'll be back on *Great British Menu* in April as the mentor of the South East region and a judge for the main course.

Jason is cooking live on *Saturday Kitchen* on 5 February. Find out more about his restaurant at [jasonatherton.co.uk](http://jasonatherton.co.uk). The new series of *Great British Menu* starts in April.

## Getting the best from GoodFood recipes

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### Why you can cook our recipes with confidence

All the recipes in *Good Food* are tested thoroughly, so they'll work first time for you at home. Most of our recipes are developed in the *Good Food* Test Kitchen by our Cookery team who, like you, cook at home for family and friends.

Additional recipes come from food writers and TV chefs. But no matter who writes the recipe, every one is thoroughly tested. We know your time and money are precious so we want to guarantee a perfect dish every time.

- For best results we recommend you use standard level measuring spoons, and don't mix imperial and metric measures. We use large eggs, unless otherwise stated.
- We aim to make our recipes as practical as possible, keeping ingredients lists to a minimum and avoiding lengthy preparations.
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- Where possible, we use humanely reared meats, free-range chickens and eggs, sustainably sourced fish and unrefined sugar.
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**Easy** Recipes everyone can make, even beginners. These dishes are usually quick, often on the table within 20 minutes.

**Moderately easy** These require a bit more skill – such as making pastry.

**For the confident cook** Recipes aimed at experienced cooks who cook for pleasure and like a challenge.

**V Suitable for vegetarians** Always check the labels on shop-bought ingredients such as cheese, pesto and curry sauces to ensure that they are suitable.

**Not suitable for freezing**

**Suitable for freezing** Unless otherwise stated, freeze for up to three months. Defrost thoroughly and heat until piping hot.

**Superhealthy** Low in saturated fat, 5g or less per portion; low in salt, 1.5g or less; and at least one of the following: provides one-third or more of your daily requirement of fibre, iron, calcium, folic acid and/or vitamin C or contains at least one portion of 5-a-day fruit and veg.

**Low fat** 12g or less per portion.

**Good for you** Low in saturated fat and salt.

**Heart healthy** Low in saturated fat, with 5g or less; low in salt, with 1.5g or less; and high in omega-3s.

*Please note that recipes created for Advertisement features are checked, but not tested, in the Good Food Test Kitchen.*

## Healthy eating

Our recipes are sent to a qualified nutritionist to be analysed on a per serving basis for fat, sat fat, sugar and salt. Each recipe analysis includes listed ingredients only and excludes optional ingredients, such as salt and serving suggestions.

If you're on a low-fat diet, count the fat content in each recipe to help you stick to your daily limit.

Remember, simple changes can make a recipe healthier – for example, removing chicken skin after cooking, or reducing salt.

If you eat a high-salt dish, balance your intake for the day by cutting the level of salt in other dishes. Most salt you consume is in processed food. Ask your GP for further advice if you're concerned.

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**Fat (GDA)** Women 70g (no more than 20g should be saturated fat); men 95g (no more than 30g should be sat fat).

**Salt (GDA)** Maximum 6g for adults and 11-14 year-olds; 5g for 7-10 year-olds (5g = 1 tsp).

**Sugar (GDA)** women 90g; men 120g (we analyse recipes for total sugar – natural and added).

*We regret that we are unable to answer medical/nutritional queries.*



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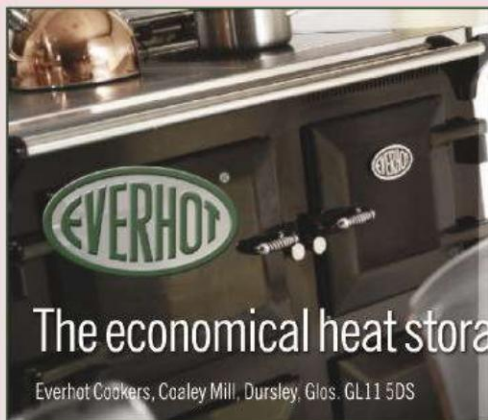
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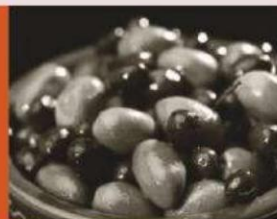
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# Triple treat

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of the  
month

Bake **Sarah Cook**'s scrumptious triple-layer cake for someone you love this Valentine's Day  
Photograph GARETH MORGANS

## Passion cake

SERVES 10 • PREP 1 hr • COOK 25 mins

Moderately easy  Sponge only

150ml/1/4pt sunflower oil, plus a little extra for the tin

300g/11oz self-raising flour

1 tsp ground cinnamon

1 tsp baking powder

300g/11oz caster sugar

50g/2oz desiccated coconut

2 eggs, plus 2 egg whites, whole eggs beaten

2 over-ripe bananas, mashed

140g/5oz carrots, grated

432g can crushed pineapple in juice, drained in a sieve, reserving the juice (or briefly whizz a can of pineapple chunks, then sieve)

100ml/3 1/2 fl oz milk

### FOR THE DRIZZLE & ICING

4 ripe passion fruit, halved

25g/1oz caster sugar

200g tub soft cheese

100g/4oz softened butter

85g/3oz icing sugar

1 tsp vanilla extract

**1** Heat oven to 180C/160C fan/gas 4.

Oil and line the bases of 3 x 20cm sandwich tins with baking parchment. Mix the flour, cinnamon, baking powder, half the sugar and the coconut in a large mixing bowl. In another bowl mix the beaten whole eggs, mashed bananas, grated carrot, drained crushed pineapple, milk and oil. Beat the egg whites until stiff, then add the remaining sugar and beat until stiff and shiny again.

**2** Stir the wet mixture into the dry until smooth and lump-free, then using a large metal spoon or spatula, fold in the egg white mixture. Divide evenly between the tins and bake for 25 mins until risen and a skewer comes out

clean. You might need to swap the position of the tins after 20 mins.

**3** For the drizzle, scoop out the passion fruit pulp into a small pan. Add the pineapple juice and caster sugar and heat until bubbling, then bubble until syrupy. For the icing, beat the cheese and butter until lump-free, then beat in icing sugar and vanilla. Chill until ready to assemble.

**4** Poke the cakes all over with a skewer, drizzle over most of the passion syrup, then cool. Once cool, spread the icing over two of the sponges. Sandwich together and top with the third, un-iced, sponge. Drizzle over the remaining syrup.

PER SERVING 611 kcals, protein 7g, carbs 80g, fat 32g, sat fat 13g, fibre 3g, sugar 56g, salt 0.83g



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